



# **SUPERKids** **Step Up, Eat Right!**

## **A Nutrition and Fitness Program for Kids and Families**

SUPERKids is a family-based program that promotes healthy, enjoyable eating and activity. Over six weeks, children and parents engage in hands-on learning activities, **fun** exercises, goal setting, and more. SUPERKids is taught via a partnership between the nutrition program at Cal State University Long Beach, Columbia Pediatrics, and the Lakewood Family YMCA.

**WHAT:** A six-week nutrition and fitness class for children ages 7-13 and their parents. Each child must be accompanied by a parent or guardian.

**WHERE:** Lakewood Family YMCA  
5835 East Carson Street  
Lakewood, CA 90713

**WHEN:** Thursdays from 6pm -7:30pm  
• Sessions : September 5 - October 10

**COST: FREE!**

**To inquire for more information, please contact Lakewood Family YMCA at 562-425-7431**

