

# Healthy Kids Day

Healthy Kids Day Events (partnership between Holdrege and Lexington CFI). The event was held at the Holdrege YMCA and at the Lexington high school. Minority Health Mini-grant underwrote part of funding.

Date: April 12: 10 am – 12 noon Event Location (LHS)

Stations for kids:

Calories In/Calories out

Health myths and Dental Hygiene:

Healthy snacks

Rhythm and Music-Lexington Dance team 20 minute event

Dodge Ball-20 minute event

Drug Dog demonstration

Inflatable Jumping Game

Jump rope

Home safety station

Scooter Relays

Prizes:

Bike/skateboard and helmet/pads (Donation – Paul Pak)

Summer/monthly pool pass donation (City donation)

Water bottles (Donation - Culligan/Valley Vending)

Mascots:

Minuteman and other area schools

Little Caesar's

## Two Rivers Public Health Chicken

### Concurrent Parent meeting

- 10:00 – 10:30 am      Obesity Statistics. . . what does all of this mean to you?  
Dr. Fran Acosta-Carlson
- 10:45 -11:15 am      Healthy Competition/Bullying  
Tim Davis
- 11:30 – 12:00:      Fostering a positive self image  
Barb Foss

Water bottles and goody bags for all participants

KRVN publicity/Lexington Clipper

Posters: Translated into Spanish. We will send to schools, post in church, at Tysons and in local stores.