



Family Night

“Health and Fitness”

We will have several health stations set up to present information on:

- Nutrition
- Oral Health
- Mental Health
- Physical Health

“Ask a Nurse” will be available to answer questions.

Learn ways to meet your family’s health goals for 2005.

There will be food, music, games, prizes, story telling, relays and a “Dance, Dance Revolution Contest.”

Please join us for a night of health and fun!

March 15, 2005

5:00 p.m. to 7:00 p.m.

**MCHC Auditorium
1st Floor**

Free!!
No Charge.

You can also have your height, weight, body mass index and blood pressure recorded.



**Mott Children's Health
Center**

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