

Can we make exercise fun?
If it's healthy, will they eat it?
Where do we start?



Fun Fit Fest

Join us for a free, fun-filled health and wellness event for children and families.

Saturday, July 11, 2015

9 a.m. – 12 p.m.

Cleveland Botanical Garden

11030 East Boulevard (in University Circle)

Cleveland, Ohio 44114

Space is limited. Reservations are required.

For more information and to register, call **216-844-3836** or email **Erica.Rosenthal@UHhospitals.org**. Please indicate the number of people attending.

Children under the age of 18 must be accompanied by an adult. Snacks and refreshments will be provided.

Activities will include:

- Interactive learning stations, including group exercise, food demonstrations, games and more
- Tips from children's health, nutrition and fitness experts
- Live music from Official Cleveland Browns DJ Ryan Wolf
- Giveaways and raffle drawings for great prizes
- Free entry and parking to the Cleveland Botanical Garden on event day

For every question, every kid,
There's only one Rainbow.



216-UH4-KIDS | 216-844-5437 | Rainbow.org

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