Let's Get Physical! Move More, Power up to 60!

There's a new program in town designed to provide students in grades K-6 with the chance to have fun while being active in a non-competitive environment.

New Richmond School District and Community Education, in collaboration with *Healthier Together – St. Croix County*, are offering this special program this fall aimed at the youngest residents.

Let's Get Physical! promotes physical activity and games as a means to further social and communication skills in children. The classes encourage students to get active – at least 60 minutes of physical activity every day, eat healthy, and make a difference!

The class provides each student with game items to take home for use, a nutritious snack during class, and healthy tips and resources for families.

Class instructor Jill Lindell is no stranger to the community. She works as a home visitor with New Richmond Head Start program and welcomes the opportunity to partner with others in this community health improvement initiative. Lindell said that if the program is a success, it will likely be expanded to more sessions for more students.

The program consists of four consecutive Tuesday classes beginning October 4 through October 25. The classes run 6 – 7:30 p.m. at the Community Commons, 421 S. Green Ave.

There is no cost to attend. The program is funded in part by the St. Croix Valley Foundation. Registration is limited to 30 students.

Registration is on the school district's web site at www.newrichmond.k12.wi.us (Community Education) or check student Friday folders for a registration form. Call for more information at (715) 243-7421.

Contact: Jill Lindell, New Richmond Head Start Program at (715) 246-3232 or jlindell@cesa11.k12.wi.us.

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Healthier Together – St. Croix County is a county-wide community-based initiative for creating and maintaining healthy communities. Community partners work together to better align efforts and create a more strategic framework for local community health improvement. For more information, visit www.hudsonhospital.org/community or www.co.saint-croix.wi.us/publichealth.
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