

Family Health Night

FREE Family Health & Fitness Night - Fun for all Ages

Enter
to Win a
Nintendo
Wii

Friday, November 6, 2009
4:00 - 8:00 p.m. | Franklin Academy

- Family Fun Activities - bring clothes to play in!
- Bounce House & Obstacle Course (*B & D Entertainment*)
- FREE Screenings - Diabetes, Blood Pressure, and more
- FREE Access to Fitness Center/Pool/Locker Rooms
- Yoga & Zumba Latin Dance Aerobics Mini Sessions
- Mr. Yuk - Poison Prevention Magic Show
- Child I.D. Program
- Dinner Provided for Active Participants
- and much more!

Partners: AHMC Auxiliary,
Malone Central School
District, Cornell Cooperative
Extension/Eat Smart NY, and
Greater Malone YMCA



In Touch with Health
community wellness program

For more information regarding this FREE event,
please call AHMC's Education Department at

518-481-2247

Funding provided by:
AHMC Auxiliary & North Country
Health Care Providers



Alice Hyde Medical Center

an affiliate of **Fletcher Allen Health Care**

