



THE MAHONING VALLEY

healthykids!

COALITION

Mission: To provide a decrease in childhood obesity in the Mahoning Valley through specific programs targeted to caregivers and children through awareness, prevention and intervention.

FITNESS LIFESTYLE CHALLENGE

Fun activities promote healthy fitness and eating habits that result in safe and gradual weight loss to help participants achieve their fitness goals.

The Fitness Lifestyle Challenge is **FREE** to students ages 7-15 and requires a registration form available on www.akronchildrens.org/healthykids. Submit form to Melody Case, Youth Fitness Specialist at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center, Southwoods Executive Centre, 100 DeBartolo Place, Boardman, OH 44512. For more information, please contact Melody Case at mcase@chmca.org or 330-729-1391.

SPRING 2017 SCHEDULE & LOCATIONS

The Mayor Ralph A. Infante Wellness Center

213 Sharkey Drive, Niles • Phone: 330-349-9355

April 5 – May 12, 2017

Wednesdays and Fridays: 6:00 – 7:00 p.m.

The Davis Family YMCA

45 McClurg Road, Boardman • Phone: 330-480-5659

April 17 – May 25, 2017

Mondays and Wednesdays: 5:00 – 6:00 p.m.; Thursdays: 4:15 – 5:00 p.m.

Youngstown Central YMCA

17 North Champion Street, Youngstown • Phone: 330-744-8411

April 17 – May 26, 2017

Mondays, Wednesdays, and Fridays: 6:30 – 7:30 p.m.

Trumbull Family Fitness

210 High Street NW, Warren • Phone: 330-394-1565

April 17 – May 26, 2017

Mondays, Wednesdays, and Fridays: 5:30 – 6:30 p.m.

The Mahoning Valley Healthy Kids Coalition is committed to creating healthy lifestyles for children and is a collaboration of the following organizations: Akron Children's Hospital Mahoning Valley, Mahoning County District Board of Health, Trumbull County Health Department, Junior League of Youngstown, Warren-Trumbull County Public Library, and the Public Library of Youngstown and Mahoning County.

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