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HealthWorks! Kids' Museum & Kohl's Fit Festival Make Learning Fun

Kohl's Fit Festival is a unique partnership between Memorial's HealthWorks! Kids' Museum and Kohl's Cares® philanthropic program, helping kids learn about the importance of choosing a healthy lifestyle. Available to schools, church groups, fairs, festivals, family reunions and other special events, this hands-on experience includes games such as:

- Conk the Junk Food
- Hydration Station
- Cow-cium Contest
- Protein Fish Fling
- The Fit Pit (Jumbo Jam Basketball)
- Veggenator
- A 30-minute 'game show' called "Fit Feasitval Reality Check"

Children learn all about serving sizes, the role of fat in the diet, the importance of eating fruit and vegetables, healthy beverage choices, nutrition and fitness trivia, 'good and gross' facts about the body, and the importance of making exercise fun.

Kohl's Fit Festival events include bringing an eight-piece (or any combination of the eight-piece) circuit exhibit to schools or community venues, such as local YMCAs, the Boys and Girls Club of St. Joseph County, University Park Mall, Potawatomi Zoo, and local fairs and festivals. Exhibits will also be featured at Memorial's HealthWorks! Kids' Museum when not scheduled in the community.

To learn more, or to bring Kohl's Fit Festival to your event, please call 574-647-KIDS or visit www.HealthWorksKids.org.

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