

# ◀◀ **FIT KIDS** . . . and it's FREE!

Humboldt General Hospital



Hey kids, want to get moving  
and have fun at the same time?

Stay **active**, meet new **friends** and enter for the chance to **win** a new bike!

- ▶▶ **10:30 a.m.-12:30 p.m. Thursday, June 21**  
Obstacle Course and Car Seat Checkpoint  
at Pioneer Park. Plus the Winnemucca Fire  
Department will be there so you might get  
wet!
- ▶▶ **9:00-10:00 a.m. Thursday, June 28**  
Walking Challenge at Lowry High Track
- ▶▶ **9:00 a.m.-10:00 a.m. Thursday, July 12**  
Zumba for Kids at Highland Park
- ▶▶ **11:00 a.m.-1:00 p.m. Thursday, July 19**  
Bowling at Spare Time Bowling Center  
(Limited to the first 72 kids to show up.  
Please bring socks; shoe rental included)
- ▶▶ **11:00 a.m.-2:00 p.m. Thursday, July 26**  
Swim Party and BBQ at Memorial Pool  
(Wear your swimming suit; the first 100 kids  
to show up get in)

**\*\*Special thanks to the HGH Employee Committee for donating two bikes!\*\***

Events are open to children ages 3-12. Parents/guardians must chaperone their youth at each event. Pre-registration is not necessary. For more information, please call HGH Wellness Coordinator Billie Lucero at (775) 623-5222, ext. 1297, or email at [lucero@hghospital.org](mailto:lucero@hghospital.org). Eligible children may enter the drawing for one girl's bike and one boy's bike at each "Fit Kids" event. Winners will be announced at the July 26, 2018, Swim Party and BBQ at Bode Howard Memorial Pool; must be present to win.