

Club incrEDIBLES

Sylvan Grove, KS



Summer Kids Club Teaches Food Preparation, Nutrition, Healthy Lifestyle Choices, and Leadership

Club incrEDIBLES is a multi-week summer workshop series filled with fun and learning sure to increase your confidence related to living a healthy and active lifestyle. Youth will engage in interactive activities to boost skills in food preparation, nutrition and healthy lifestyle choices, and goal setting. Surrounded by peers, you're sure to be energized through learning and playing leadership games. Each weekly workshop will build upon the previous session, so participants are asked to plan to attend all sessions. Spice up your summer with Post Rock District's Club incrEDIBLES!

For: Youth entering grades 3 - 8 in the fall

ALL youth are welcome! Space is limited.

Participation: Free to attend, yet participation in the entire program is important.

Snacks: Provided with hands-on practice and taste testing

Registration Deadline: June 6

Register Online: bit.ly/ClubIncrediblesSylvanGrove

Tuesdays

June 13, 20, 27

July 11

1:00 PM - 2:30 PM

Sylvan Grove, KS

Public Library

122 S. Main Street

(785) 524-4432

tiunderw@ksu.edu

postrock.ksu.edu



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Post Rock District

DANE G. HANSEN

FOUNDATION

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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