



Baptist Health Community Outreach's **We Can!® CATCH® Kids Club**

The We Can!® CATCH® Kids Club is a program for elementary school aged children in an after-school setting that encourages a healthy diet and regular, moderate-to-vigorous physical activity. The sessions will introduce children to:

- The concepts of healthful behavior and model healthful eating and physical activity behaviors
- How the heart works when the body is physically active and the physical activities that increase heart rate.
- The Five-A-Day concept (fruit and vegetables)
- Healthier choices in a fast food restaurant
- MyPlate (food groups)
- Physical fitness through games and activities

For more information contact Leititia Bailey at 202-1405.

Supported by the Rotary Club of Little Rock



Baptist Health
COMMUNITY OUTREACH