



**Man looks at the outward appearance but the Lord looks at the heart.  
1Sam 16:7**

This program is for families dedicated to helping children with weight-related health concerns. The classes use spirited, hands-on activities to teach children about proper nutrition and fitness to promote a healthy self-image.

Led by **Dr. Steve O'Brien**  
Cabarrus Pediatrics

**Susan Pollack, RN**  
Health and Fitness Instructor,  
American College of  
Sports Medicine

**James Simpson, AdvCPT**  
**Erin Natale**  
Certified Personal Trainers  
Nubody Fitness Systems

## **CLUB STRONGHEART:**

A free program for children with weight-related health concerns and their parents

### **AGES:**

6-15

### **DATES:**

Meets at Cannon YMCA-Kannapolis  
A different topic will be covered each night  
Tuesday Nights:

May 26, June 2, 9, 16, 23, and 30

### **TIMES:**

6:00-8:30 includes a healthy dinner

### **ACTIVITIES:**

\*Active family games      \*Kick-boxing  
\*Food Fear Factor      \*Battle of the Beverages  
\*Hip-Hop Dance      \*Dodgeball      \*Hiking  
\*Strength-training      \*LifestyleFitness  
\*Swimming      \*And more!

**DEVOTIONS:** help kids/teens see themselves through God's eyes and make positive changes in their lives

### **REGISTER:**

**By May 19th**

With Ask First 704-403-1275

Or 1-800-575-1275

### **SPONSORED BY:**

- ◆ Fishertown Parish Nursing -
- Covenant Presbyterian Church
- ◆ Cannon Memorial YMCA
- ◆ Jeff Gordon Children's Hospital
- ◆ Childhood Obesity Prevention Partnership