

**WASHINGTON COUNTY HOSPITAL PHYSICAL THERAPY DEPARTMENT HOLDING A HEALTHY AND FIT KIDS CLASS ON APRIL 17TH, 2017
(THIS IS A REPEAT OF THE FEBRUARY 20TH CLASS)**



The physical therapy department at Washington County Hospital is offering a free class on fitness and health. It will be held on Monday, April 17th at 11:00 AM in the lower level conference room. The class will end at 12:30 PM. Reservations are required. It is open to children from kindergarten to 8th grade. The children will be taught fun ways to exercise and stay healthy, and no exercise equipment is needed. Gone are the days when parents felt it was safe to allow their children to play outside and ride their bikes without constant supervision. Children need fun ways to exercise in their homes and to be enthused to put down the video games and do something active. The children will also be taught about healthy food choices and some of the food items that seem healthy, but actually are not. If you would like to enroll your child, or if you have any questions about this event, please call the PT department at 618-327-2317.

REGISTRATION & WAIVER FORM

Child's Name

Age

Grade

Address

Parent/Guardian Name (Printed)

Phone #

I agree to allow my child to participate in this physical fitness class. I understand that there is always some risk with exercise and agree to this risk.

Parent/guardian signature

(OPTIONAL) I agree to allow my child to be photographed while in this class for the purpose of a newspaper article and WCH website post.

Parent/guardian signature