

PRIORITY OUTCOME:
HEALTHY LIFESTYLES

Food Fitness Fun is a program designed to inspire adults and children ages 6-60 with developmental, physical and intellectual disabilities to utilize and learn practical cooking skills and hands on fitness activities! Each session we will be focusing on a targeted skill!



No special transport required
Open to all children and adults with
developmental disabilities.

Free to families of a child or adult with
a developmental disability.

NORTHTOWNS



BOYS & GIRLS CLUBS

Please fill out registration form and
Return with a doctor documentation
stating your child's disability to:

Katie Bolden

Food Fun and Fitness Coordinator

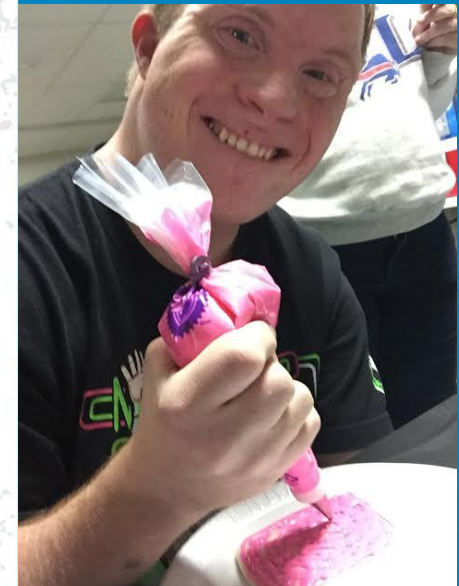
716-693-2307

716-876-7582

**Motivated
to be
Healthy**

**Mondays:
September to June
6-8pm**

Newman Family Club
325 Franklin Street.
Tonawanda, NY 14150



THE FUNDAMENTALS