

TAKE CONTROL
OF YOUR HEALTH!



YOUTH Shape Up

HEALTHY LIFE PROGRAM

Feel **good**, eat **healthy**, stay active!
Learn about foods the **fun** way!

Highlights:

- Not your typical “sit-in” class
- Full of games and fun
- Fitness
- Nutrition
- Fun physical activity
- Meet new people

Weekly Classes Wednesday 4-6 PM

- Age: Groups 6-12 and 13-18
- Translation services available
- One-on-one counseling is available now.

Call Kathryn Hang for more information: 612-238-3520

Come and join the rest of the kids who want to learn all about nutrition and physical activity. Our Youth Shape Up Program is not your typical “sit-in” class. It can help you lose weight and shape your health future while having **fun**!



HEALTH SERVICES

Where Are We?

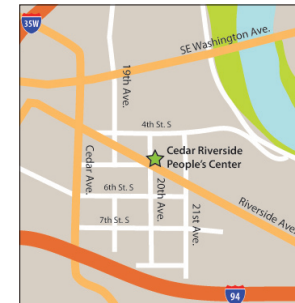
Location

We are conveniently located at 425 20th Avenue South, on the corner of 20th and Riverside in the Cedar Riverside neighborhood of Minneapolis.



Parking/Transportation

- Easily accessible from metro bus routes 2 and 7
- Parking at 21st Avenue Ramp for \$3, must pay at clinic front desk for validated rate
- Metered street parking available



A sliding fee scale is available to income-eligible patients. Same-day appointments taken. Most insurance accepted.

**Call 612.332.4973
for an appointment.**



HEALTH SERVICES