



Healthy Kids Club®

A program of UCHealth

BstrongBfit.

BstrongBfit is offered by Healthy Kids Club at Truscott this Fall. The program is a **free** after school running and physical activity program. The goal of the eight-week program is to promote positive self-esteem and physical fitness through running and physical activity.

We will conclude our program by running a 5K fun run on December 3rd 2017 that Healthy Kids Club pays for. *More details to come.*

When does BstrongBfit meet?

Tuesday and Thursday Afterschool

Beginning Oct. 3rd 2017

3:35pm – 4:50pm

Truscott Elementary

Who can attend?

(Fourth/Fifth) grade girls.

BstrongBfit's program capacity is 18 girls.

What will we do?

Play, run, stretch, learn and have fun! There will be a lot of fun activities to get ready for the 5K. All participants will receive a water bottle and a t-shirt.

How do I sign up?

Complete the attached registration form and return it to Mrs. Modlich or the front office at Truscott, **by September 29th, 2017.**

Remember – There is a limit to the number of girls that can join so get your applications in ASAP.

Questions?

Contact Judy Modlich at 970-613-6909 or judy.modlich@thompsonschoools.org