

HEALTHY HABITS FOR KIDS



Hamilton Township
Mayors Wellness Campaign
Keeping Hamilton in Motion



Hamilton Area YMCA

Join the Health Educators from the Hamilton Division of Health for some fun and interactive activities related to kids health and wellness at the Hamilton Area YMCA!



HANDWASHING

5:00-5:45PM

Learn about the importance of handwashing to prevent the spread of germs. Participate in the GloGerm handwashing activity to test your skills!



NUTRITION

5:00-5:45PM

Learn about different food groups and key vitamins and minerals through fun and interactive games!



HEALTHY HABITS

5:00-5:45PM

Complete a scavenger hunt to practice healthy habits! Reviews topics including dental care, safety, kindness, exercise and healthy eating.



ART & HEALTH

5:00-5:45PM

Complete a hands-on art activity where kids get creative while learning simple, healthy habits to help their bodies and minds grow strong.

[Registration Required! Sign up today!](#)

Activities are FREE and designed for kids ages 5-10!



All sessions will take place at the Hamilton Area YMCA: 1315 Whitehorse Mercerville Rd, Hamilton, NJ 08619

Parents are required to remain in the building during the duration of the session. Parents are welcome to stay in the class, wait in the lobby area or YMCA members may use the gym facilities.

Questions? Division of Health: 609-890-3825 or HamHealth@HamiltonNJ.com
Hamilton Area YMCA: 609-581-9622 ext. 105 or rturner@hamiltonymca.org



Public Health
Prevent. Promote. Protect.