

# **RECESS- AN EXERCISE & NUTRITION PROGRAM**

**FOR CHILDREN & TEENS-FREE! Come have fun with us!**

Northampton County Recreation Dept. & Cultural and Wellness Center

**\*\*\*Games\*\*\***

**\*\*\*Activities\*\*\***

**\*\*\*Snacks\*\*\***

Free for parents: Nutrition Education-Recipes-Free 30 Day Membership to the Health & Wellness Center!  
Memberships are limited-First come first served-Child must be in the Recess Program



**!!!!!!! MARK YOUR CALENDAR !!!!!!!**

We will be having **Recess !** every *Wednesday* for most of the  
summer

**5:00 to 6:00PM**

June 15

July 6

August 3

June 22

July 13

August 10

June 29

July 22

July 27

Sponsored by Northampton County Health Department Northampton County Cultural &  
Wellness Center Northampton County Expanded Food & Nutrition Program