

You can have fun
learning about

Healthy Eating and Exercise

*"The approach and structure
of your class resonates with
my son, which is great!"*
– Mother of a student

"Gentle
guidance
in a
wonderfully
simple
way."

An outstanding value in a results-driven
program designed to successfully
motivate participants to
make healthy choices
and improve body image.
Simply put, *it works!*



Presented by the cities of San Mateo and San Carlos

**Each week features a
new theme on healthy eating
and fun cardio activities, including:**

Relay races, bocce ball, soccer, basketball, tennis, and more.

WHEN: Jan 11 - Feb 1 San Mateo Course # 52877 San Carlos Course #21140
Feb 8 - Feb 29 San Mateo Course # 52878 San Carlos Course #21141
Mar 7 - Mar 28 San Mateo Course # 52879 San Carlos Course #21142

TIME: 6:30 to 8:00 pm

WHERE: Laureola Park, 503 Old County Road, San Carlos

COST: \$150. for residents

INSTRUCTOR: Marsha Kunz, MS, Licensed Advanced Shapedown Provider.™

Innovative programs based on 13 years of research and experience.

COURSE NAME: *Give Me Five*™: Family Fun and Fitness

Register online at: **www.gvme5.com**

For more information about **The Give Me Five**™ Program:

(650) 504-4902

Email:

Gvme5@mac.com

Healthy eating & exercise for children, teens, & families



This event/program is not sponsored by the San Mateo-Foster City School District, the San Carlos School District, or the Redwood City School District.