

June



School's out soon, but our efforts to help kids and their families learn how to get healthy never stop. Our **Up, Up and Aweigh** program offers fun and creative ways for families to work together to change a child's eating and physical activity behaviors. Specially trained health care professionals provide support, encouragement, knowledge and inspiration.

MAY 2010

S	M	T	W	T	F	S
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

JULY 2010

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2010

sunday

monday

tuesday

wednesday

thursday

friday

saturday

		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Flag Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			