

# HEALTH & WELLNESS

## Family Night

A family friendly outdoor event to connect you to kids fitness, kids yoga, and healthy snack options made possible through our community partnerships



Kids Fitness



Kids Yoga



Smoothie Demo

### WHEN:

Tuesday, October 5, 2021  
4:30 pm to 6:00 pm

### WHERE:

Laredo CDC  
1420 Laredo Street  
(large playground)

- LCDC Teachers, Cooking Matters and Laredo Kids Clinic will host activity stations full of fun for the entire family.
- Community Partners will provide additional resources to help you stay connected:

Cooking Matters, APS Medicaid, wedontwaste.org, APS Wellness, SafeCare CO, APS Kids Clinic and The District Credit Union.

\*MASKS STRONGLY RECOMMENDED FOR AGES 3+ AND OLDER  
[HTTPS://CDC.AURORAK12.ORG/](https://cdc.aurorak12.org/)

# LA SALUD Y EL BIENESTAR

## Noche Familiar

Un evento familiar y divertido para conectarlos a clases de niños; ejercicio, yoga, y opciones saludables hecho posible por medio de nuestros socios comunitarios



Ejercicio para Niños



Yoga para Niños



Demo de Licuado

### CUANDO:

### DONDE:

Martes 5 de Octubre 2021  
4:30pm to 6:00 pm

Laredo CDC  
1420 Laredo Street  
(patio de recreo)

- Los Maestros, Cooking Matters y La Clinica de Niños tendra estaciones con actividades divertidas para toda la familia!
- Socios de la Comunidad van a ofrecer recursos adicionales: Cooking Matters, APS Medicaid, wedontwaste.org, APS Wellness, SafeCare CO, APS Kids Clinic y The District Credit Union.

**\*SE RECOMIENDA USO DE MASCARAS PARA EDADES 3+ Y MAYOR**  
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