



TORRANCE
MEMORIAL



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Cedars
Sinai

Lundquist Lurie
Cardiovascular
Institute

2023 classes

Healthy Ever After for Kids

A nutrition and fitness program
for kids and families

For more information, please contact the Medical Nutrition Therapy office and ask to speak to one of our registered dietitian nutritionists at 310-891-6707 or visit TorranceMemorial.org/healthyeverafter.



Join us for our nutrition and fitness program for kids, ages 7-12. This fun, interactive program encourages kids and their families to make healthy life choices. Led and developed by Torrance Memorial Medical Center registered dietitian nutritionists and YMCA fitness specialists, this program consists of six, one-hour sessions, including physical activity and a nutrition lesson.

Cost: **FREE!**

All participants will receive a packet of materials and a goody bag.



What

A series of nutrition and fitness classes for kids, ages 7-12.



Where

Torrance-South Bay YMCA
2900 W. Sepulveda Boulevard
Torrance, CA 90505
Please register at TorranceMemorial.org/healthyeverafter.



When

Thursdays, 5 – 6:30 pm

Session 1:
March 2 – March 30

Session 2:
June 1 – June 29

Session 3:
September 7 – October 5



Health education classes are designed to support health and personal wellness, but are not a substitute for medical care. Always consult your physician regarding your health needs.