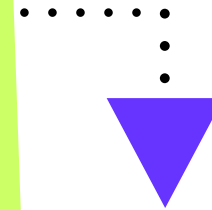


# KID FIT SEMINAR



**THURSDAY 24 JANUARY 2013**

**0700-1400**

**AVIANO SCHOOL MPR**

Educational Program for Parents  
Encouraging a Healthy Lifestyle through Nutrition and Fitness

Seminars provided by 3I MDG and 3I FSS  
Light Breakfast for attendees and their children at 0700-0745  
Kid Focused Workouts in the afternoon



\*FREE Childcare provided if needed. Please RSVP to contact below to reserve your slot by 18 Jan 2013.

[monica.beebe@aviano.af.mil](mailto:monica.beebe@aviano.af.mil)

632-5558