



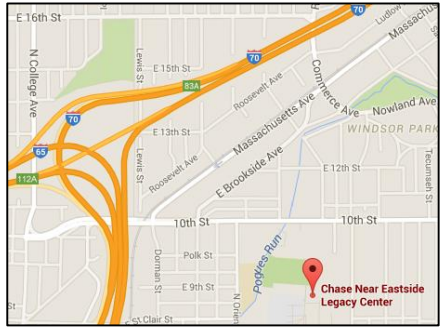
Time to have
some fun . . .

TUESDAYS GET A MOVE ON

Hey teens and parents!!

Join us Tuesdays at the Chase Near Eastside Legacy Center to get a move on, talk about food and connect with others. Wear comfortable clothes, athletic shoes and a smile. We look forward to seeing you!

Julie, Katie and YDPC Staff



Get a Move On!

Connect with others!

Learn cool stuff about food!

**Every Tuesday
6-8pm**

Convenient location!

**727 N. Oriental Street
Indianapolis, IN
46202**

**Questions?
Call Julie or Katie
317-688-5065
317-278-9641**

Let's Get a Move On!

Hey Parents!

Healthy eating and physical activity is a team effort. The Riley Hospital Youth Diabetes Prevention Clinic is offering a 12 week parent and teen program called Get a Move On. Get a Move On is made up of weekly physical activity and nutrition sessions. Get ready to have some fun!

Program Information:

When: Every Tuesday from 6-8pm.

Where: 727 N. Oriental Street Indianapolis, IN 46202

Chase Near Eastside Legacy Center on the Arsenal Tech High School campus.

What:

6-7 pm	Basketball or ultimate Frisbee or volleyball or games or dancing (maybe even yoga!) Basically, something fun that gets us moving.
7-7:30 pm	Food and nutrition activities (cooking, taste testing, decoding the label)
7:30-8 pm	Dinner

How:

1. Call or email Katie (317-278-9641 khaberlin@iuhealth.org) or Julie (317-688-5065 jpike7@iuhealth.org) to register for the group.
2. Come to group on Tuesday at the Chase Near Eastside Legacy Center. You will fill out a registration form, liability waivers and complete a few short surveys on your first night.

Questions? Contact Julie Pike (jpike7@iuhealth.org) at 317-688-5065 or Katie Haberlin (khaberlin@iuhealth.org) at 317-278-9641 for more information.

We look forward to seeing you on Tuesday!



Center for Pediatric Obesity and Diabetes Prevention Research



@BeHealthyYouth

Website: <http://diabetesprevention.iupui.edu/>

Blog: <https://pursuinghealthiness.wordpress.com/>