



HEALTHY KIDS DAY[®]

April 29th

10:00AM - 12:00PM

Methuen YMCA | Free to the public

**Join the Methuen Y's
Healthy Kids Day events:**

- Car Seat Checks
- Fire prevention
- Healthy eating
- Physical activity
- Wellness Tables
- and So Much More!

To volunteer, please reach out to
Cathy Redard at credard@mvyymca.org