



Cardio Kool Kids™ is an innovative complete wellness program for kids that combines kickboxing, sports drills, strength training, hip hop dance, health and nutrition journaling, and mental and emotional fitness strategies. Cardio Kool Kids founder and instructor, Amy Head, has incorporated her mental health background as an LCSW, her dance background, and her fitness background as an ACE certified group fitness instructor into creating a program that strengthens and benefits the whole child. To learn more about this award-winning program, visit www.cardiokoolkids.com

TWO GREAT CLUBS ONE GREAT VIRTUAL CLASS

TWO SIX-WEEK SESSIONS

Tuesdays, 1 - 2:30pm

Session 1

September 1 - October 6

Session 2

October 13 - November 17

Grades K-5

\$150 per student

Location

Classes are via ZOOM!

REGISTER

<https://www.leafandloaf.com/ckk-fwf-registration>



In Fun with Food we experiment, taste, smell, assemble, cut, cook and play with food. We learn about healthy eating habits, food appreciation, health benefits, food availability, incorporate math+science+art, kitchen safety, sanitation and lots more!

Each week, students receive a recipe to create on their own during the class, with Chef Sue's guidance, lessons, and demonstrations.

Fun with Food is always Vegetarian.

To learn more, visit Chef Sue at: www.FunWithFood.FUN