



Clinton County Health Department

Paula Calkins Lacombe, Director of Public Health
133 Margaret Street, Suite 117, Plattsburgh, New York 12901-2968



Public Health
Prevent. Promote. Protect.

“Working Together for a Healthier Community”

Health Information Line: (518) 565-4490 Web: www.clintonhealth.org

Administration Unit

Manager: Ellen Hemingway

Phone: (518) 565-4840

Fax: (518) 565-4717

**Clinton County Health Department
Press Release
“Kidshape Program Recruiting”
September 9, 2009**

The Clinton County Health Department, with support from Eastern Adirondack Healthcare Network, will be sponsoring the Kidshape® Program for overweight children this fall. The 9 week session for children in grades 3-5 and their parents will focus on physical activity, healthy eating choices and self esteem. The program will provide tools to encourage a healthier lifestyle. The sessions will be taught by a team of nutrition, activity and mental health professionals at the 2 hour weekly meetings. The fee for the session will be \$50.00.

Students and parents interested in participating in the fall session should contact the Health Department no later than **September 21, 2009** to register and receive additional information. Future sessions may also be available for students of other ages at a later date. Anyone Interested may call at any time to request information.

Please contact the Health Department, Nutrition Services Unit, at 518-565-4840, or visit the website at www.clintonhealth.org.

Endorsed by: _____
Paula Calkins Lacombe
Director of Public Health