

## **Join the ACES Family Health Challenge! Get Moving, Get Healthy!**

This has been a crazy year complete with many challenges. While many of those challenges have been stressful, we want to offer a POSITIVE CHALLENGE for your family; a Family Health Challenge for the month of October.

If you accept the challenge, your family will receive a kit of materials and information that will guide you as you try small daily health challenges. The challenges are simple, but when added up over 30 days hopefully you and your family can look back and say you were a little more active, ate healthier and enjoyed some time together. Families that complete the challenge are eligible to win prizes.

To join the challenge, simply request your FREE Family Health Challenge Kit from the ACES Family Resource Center. You can call 270-384-9112, send an email to [debbie.cowan@adair.kyschools.us](mailto:debbie.cowan@adair.kyschools.us) or send a note to your child's teacher. **Kits will be available for pick up on the front porch of the school on October 1<sup>st</sup>, 8:00 – 2:00 or can be sent home with your child from school on October 1<sup>st</sup> or 2<sup>nd</sup>.**

This activity is a Family Involvement event sponsored by the FRC, Title I, Camp SAFARI and community partners such as 4-H, Adair Health Department and ASAP.

## **Join the ACES Family Health Challenge! Get Moving, Get Healthy!**

This has been a crazy year complete with many challenges. While many of those challenges have been stressful, we want to offer a POSITIVE CHALLENGE for your family; a Family Health Challenge for the month of October.

If you accept the challenge, your family will receive a kit of materials and information that will guide you as you try small daily health challenges. The challenges are simple, but when added up over 30 days hopefully you and your family can look back and say you were a little more active, ate healthier and enjoyed some time together. Families that complete the challenge are eligible to win prizes.

To join the challenge, simply request your FREE Family Health Challenge Kit from the ACES Family Resource Center. You can call 270-384-9112, send an email to [debbie.cowan@adair.kyschools.us](mailto:debbie.cowan@adair.kyschools.us) or send a note to your child's teacher. **Kits will be available for pick up on the front porch of the school on October 1<sup>st</sup>, 8:00 – 2:00 or can be sent home with your child from school on October 1<sup>st</sup> or 2<sup>nd</sup>.**

This activity is a Family Involvement event sponsored by the FRC, Title I, Camp SAFARI and community partners such as 4-H, Adair Health Department and ASAP.

