

Get Healthy Franklin!

Activities Calendar

FREE Monthly Introductory
Fitness/Nutrition Activities for Get Healthy Franklin Members!

Date: May 22, 2010 Time: 9:00 - 11:00 a.m.
Activity: [Playground Tour](#)
Description: Guided tour through Park & Rec playgrounds
Provided by: Franklin Parks & Recreation
Class Location: Start at Franklin Recreation & Fitness Center

Date: June 22, 2010 Time: 6:00
- 7:00 p.m.
Activity: [Aquatic Sampler](#)
Description: Experience Deep Water Aqua Jogging, Low & High Impact Water Aerobics
Provided by: Franklin Parks & Recreation
Class Location: Franklin Recreation and Fitness Center Swimming Pool

Date: July 31, 2010 Time: 9:00 - 10:00 a.m.
Activity: [Hoopdalooping](#)
Description: Get fit with the 21st Century weighted hula hoop
Provided by: Hoopdaloop
Class Location: TBD

Date: August 28, 2010 Time: TBD
Activity: [Johnson Memorial Hospital Health Fair](#)
Description: Health Screenings & Resources
Provided by: Johnson Memorial Hospital
Class Location: 1159 W. Jefferson St.

Date: September 16, 2010 Time: 12:00-
12:30 p.m.
Activity: [Make Your Calories Count](#)
Description: Put nutrition facts and labels to work for you
Provided by: Weight Loss/Wellness Center at Johnson Memorial Hospital
Cristin McKinley, R.D.
Class Location: 1159 W. Jefferson St., Suite 301, Room 302

Date: October 16, 2010 Time: 9:00 - 11:00 a.m.
Activity: [Greenways Trail Tour](#)
Description: Guided tour of the Greenways Trail
Provided by: Franklin Parks & Recreation

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Date: November 9, 2010 Time: 5:00 - 8:30 p.m.

Activity: **Food For Thought (Spirit & Place Festival)**

Description: Healthy Eating Fair and Panel of Nutrition Experts

Provided by: Franklin College

Class Location: Neapolitan Student Center Franklin College

Date: December 4, 2010 Time: 9:00 - 10:00 a.m.

Activity: **Healthy Holiday Cooking**

Description: New recipes for old time favorites

Provided by: Purdue Extension & Franklin Community School Corp.

Linda Souchon and Jill Overton

Class Location: Franklin Community Middle School (to be confirmed)

Date: January 20, 2011 Time: 12:00-12:30 p.m.

Activity: **Portion Distortion**

Description: Tips for making good nutrition choices

Provided by: Weight Loss & Wellness Center at Johnson Memorial Hospital

Cristin McKinley, R.D.

Class Location: Johnson Memorial Hospital

1159 W. Jefferson St., Suite 301, Room 302

Date: February 4, 2011 Time: 9:00 - 10:00a.m.

Activity: **Health Food Market Tour**

Description: Learn how to shop healthy, free samples, and more!

Provided by: Franklin Cornucopia Health Food Market

Class Location: 2797 N. Morton St. Ste. C

Date: March 12, 2011 Time: 9:00 - 12:00 a.m.

Activity: **Aerobics Sampler**

Description: Experience Zumba, Tai Chi, Kickboxing, CycleFit & more

Provided by: Franklin Parks & Recreation

Class Location: Franklin Recreation & Fitness Center

Date: April 12, 2011 Time: 6:00