

**B-H-K Child Development Board
700 Park Avenue
Houghton, Michigan 49931**

Serving Children & Families
through:
Head Start/Preschool,
Early Start,
Child Care,
Even Start,
AmeriCorps, and
Other Family Services

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To: The Daily Mining Gazette, L'Anse Sentinel, MTU Lode,
WCCY/WOLV, WCUP, WGGL-FM, WMPL/WZRK, WUPY,
WBUP-TV5, WLUC-TV6, WMTU, WNMU
From: B-H-K Child Development Board
Contact: Rod Liimatainen, 482-3663
Date: Feb. 10, 2003



FOR IMMEDIATE RELEASE

B-H-K fitness memberships now open to area families

Centers in Houghton, L'Anse offer options for children, adults

HOUGHTON – Area families with children birth to 5 are invited to become a member of B-H-K Wellness Centers in Houghton and L'Anse.

For a nominal membership fee, families can use exercise areas, which have age-appropriate equipment for young children and adults, and can take part in weekly parent-child fitness classes. Wellness classes on various topics are offered during the year.

“There’s no better time than now for you and your family to get in shape,” said B-H-K Wellness Coordinator Erin Carter, who holds a master’s degree in exercise science from Northern Michigan University. “You’d be surprised at the diverse equipment and classes – and the reasonable price – offered at these centers.”

Parent-child fitness classes are broken down by age. Jumping Jelly Beans is for infants and toddlers and their parents; Topsy Turvy is for preschool-aged children and their parents; Tiger Tracks provides structured activities for children birth to 5 during which parents may work out on their own; and supervised Free Play gives children a chance to play on their own.

The Houghton Wellness Center is located at 700 Park Ave., just north of Econo Foods. The L'Anse Wellness Center is located at No. 4 Meador St. just off Main Street in L'Anse.

Federal and state grant funding offsets costs of wellness activities, resulting in reasonable rates for participants. For more information or to register, call Carter or AmeriCorps Wellness Assistant Bryan Hoffman at 482-3663 or 1-800-236-5657.