

**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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From: B-H-K Child Development Board

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FOR IMMEDIATE RELEASE

Cabin Fever Days could end winter blues

B-H-K plans three-day fitness class for parents, young children

HOUGHTON – Parents with children age 0 to 5 in B-H-K Child Development Board programs are invited to chase away the winter blues with the help of a new series of fitness classes.

Featuring fun activities for children and parents alike, the three-session Cabin Fever Days series will take place from 6:30 p.m. to 8 p.m. Jan. 23, Jan. 30 and Feb. 6 in the first-floor conference room at B-H-K's Houghton Center at 700 Park Ave.

Besides helping to shake the winter doldrums, the classes could help to start children on the path to a healthier future, said Dr. Theresa Frankovich, B-H-K health director.

“Studies have shown that young children today are tending to be heavier and more sedentary than children 10 or 20 years ago,” she said. “Teaching children from a young age to

(more)

eat well and to be active will go a long way in reducing their chances of developing chronic illnesses like heart disease later in life.”

Frankovich said physical activity is important for developmental reasons as well.

“For young children, fitness activities also provide an opportunity to improve large and fine motor skills and to practice social skills such as sharing and teamwork,” she said.

The sessions also will provide parents an opportunity to check out B-H-K’s wellness room. Parents and children may choose to attend any or all of the sessions, but parents must remain in attendance with their children at all times.

For more information on Cabin Fever Days, call 482-3663 and ask for a wellness staff member.