

**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  
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Date: Nov. 25, 2002



**FOR IMMEDIATE RELEASE**

**Fitness classes open to parents, young children**

**Jumping Jelly Beans, Topsy Turvy help children develop motor skills, coordination**

HOUGHTON – Parents with children age birth to 5 are invited to take part in weekly family fitness classes in Houghton and L'Anse for a nominal membership fee.

Two classes – called Jumping Jelly Beans and Topsy Turvy – allow parents and children to enjoy fun exercise activities together at safe facilities operated by B-H-K Child Development Board.

“These fun classes help young children develop balance, coordination and other skills helpful to success in school and beyond,” said B-H-K Wellness Coordinator Erin Carter, who holds a master’s degree in exercise science. “Another benefit is that children learn to make exercise part of their lives, which will pay healthy dividends for years to come.”

Jumping Jelly Beans is for children age birth to 3 and their parents. This class is offered from 10:30 a.m. to 11 a.m. Saturdays at the L'Anse Family Wellness Center, located at No. 4 Meador Street in L'Anse, and from 11 a.m. to noon Tuesdays and 11:15 a.m. to noon Saturdays at the Houghton Family Wellness Center at 700 Park Avenue in Houghton.

Topsy Turvy is for children age 3 to 5 and their parents. It is offered from 11 a.m. to noon Tuesdays and 10:30 a.m. to 11:15 a.m. Saturdays at the Houghton Wellness Center.

To take part in classes, parents must buy a \$25 punch card, which allows eight visits.

**(more)**

## **2-2-2**

The card has no expiration date and covers parents and all of their children age birth to 5. Future plans include opening a Wellness Center with family fitness activities at the Centennial Child Development Center to serve families on the north end.

Pre-registration is required. To register, call Carter or AmeriCorps Wellness Assistant Bryan Hoffman at 1-800-236-5657 or 482-3663.

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