

Healthy Lifestyles

PROGRAM
for
older teens and
adults with down syndrome



\$50 for 10 Sessions

6:00-7:30 pm

Thursdays Sept. 10 – Nov. 11, 2010

Rainbow Village 1240 Dautel Lane St. Louis, MO 63146

Each adult must come with a partner who will attend all of the sessions. This program for adults will be provided by Dr. J's Family Weight Loss Program. Dr. Johnson's program is aimed at helping participants learn about healthy eating and the benefits of physical activity.

- ◆ **have fun exercising to your favorite music!**
- ◆ **learn some hot dance steps with Ken, our awesome exercise instructor!***
- ◆ **experiment with new menu ideas!**
- ◆ **enjoy preparing delicious snacks**



Come join us this fall!

**Call the Down Syndrome Association
at 314/961.2504
to enroll or for more information.**

*Ken is a certified personal trainer with over 12 years of experience.