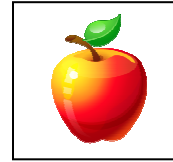
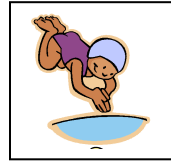
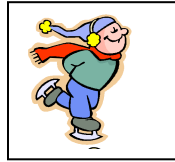
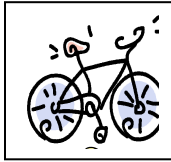




Healthy Yankton Winter Festival 2010



Encouraging Lifelong, Healthy, Active Lifestyles



Saturday February 13th - Free

- Health Information Booths - Summit Activities Center Lobby, 9am-1pm
 - Avera Sacred Heart Hospital
 - Avera Sacred Heart Nutrition Services
 - Healthy Yankton/Community Garden
 - Hebda Family Produce/Garrity's
 - Master Gardeners
 - Mount Marty College
 - South Dakota Hwy Patrol
 - Summit Activities Center
 - Tobacco Coalition
 - Yankton County Extension
 - Yankton Women's and Children's Center
- ACE Bike & Fitness (2404 Broadway) – stop in for lessons on how to change bike tires and all about routine bike maintenance anytime between 10-2pm – Free
- Presentations led by the Master Gardeners (Summit Center Meeting Rooms)
 - 9am - Starting Seeds Indoors
 - 9:45am – Container Gardening for Beginners
 - 10:30am – Attracting Songbirds
- Yoga Class 12-1pm (Summit Center Meeting room B & C) - Free

Free Hot Chocolate

Sunday February 14th

- Alcoa Ice Arena, 1-4pm Ice Skating (pd for by Healthy Yankton & the Summit Center) – Free Entrance & Skate rental

Monday February 15th (Presidents Day Holiday)

- Optimists Swim & Gym for K-8, 1-4pm – Summit Activities Center - Free
- Avera Sacred Heart Wellness Center - \$1 day pass or use your free pass
 - Power Toning 12:15-1pm
 - Water Aerobics 5:15-6:15pm
 - Yoga 5:10-6:10pm

TAKE IT TO THE GYM! - \$1 Day passes at the Avera Sacred Heart Wellness Center & the Summit Activities Center 02/13-02/15/10. Save a buck and stop by the Healthy Yankton booth on Saturday and pick up a FREE pass to either gym for the weekend! *Limited supply.*

The Healthy Yankton group encourages lifelong, healthy, active lifestyles by providing education, support and opportunities for individuals and groups in the Yankton area to improve or maintain their health.

For more information contact Angie at 668-8590 or healthyyankton@gmail.com.