



Clinton County Health Department

Paula Calkins Lacombe, Director of Public Health
133 Margaret Street, Suite 117, Plattsburgh, New York 12901-2968



Public Health
Prevent. Promote. Protect.

“Working Together for a Healthier Community”

Health Information Line: (518) 565-4490 Web: www.clintonhealth.org

Administration Unit

Manager: Ellen Hemingway

Phone: (518) 565-4840

Fax: (518) 565-4717

Clinton County Health Department Aug. 19, 2010 Press Release “Kidshape Program Recruiting”

The Clinton County Health Department will be offering another Kidshape® Program for overweight children and their families. The 8 week session is for children in grades 3-5 or aged 8-11 years and their parents/caregivers. The program’s focus is on physical activity, healthy eating choices and self esteem and will provide tools to encourage a healthier lifestyle. The sessions will be taught by a team of nutrition, activity, and mental health professionals at 2 hour weekly meetings. The fee for the session will be \$50.00.

Students and parents interested in participating in the next session should contact the Health Department soon for additional information. Future sessions may be also be available for students of other ages at a later date, and may call at any time to request information.

Please contact the Health Department, Nutrition Services, at 518-565-4840, or visit our website at www.clintonhealth.org.

Endorsed by: _____

Paula Calkins Lacombe
Director of Public Health