

Free to All

HAL'S PALS



Get **Fit** with HAL.

Learn about **Healthy** meals, snacks and lifestyles.

Weekly
Tuesday
&
Thursday

Dr. Walter Cunningham School for Excellence

1224 Mobile Street
5:45pm –7:15pm

Healthy

Active

Lifestyles

Irving Elementary

1115 W. 5th Street
6:00pm - 7:30pm

Fitness and Fun for
the Whole Family



Contact Information:

Black Hawk County Health Department-(319) 291-2413 ask for Sarah Steinmeyer

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