

3rd ANNUAL Healthy Kids



Eat healthy food and have a balanced diet.



Wash your hands before you eat.



Carnival

April 6

1:30-3:30 p.m.

Drop In

Hamblen County Health Department

331 W. Main Street

423-586-6431

vendors

games

Get plenty of sleep



Brush your teeth after eating.



refreshments

activities

Too much television is unhealthy.



Have fun and exercise outside in the fresh air.

