

HEALTH ROCKS MY SOCKS

SATURDAY, MAY 21, 2011 2-5PM (1400-1700)

FIRST BAPTIST CHURCH

LENOIR CITY, TN

Operation Military Kids will be joining together with Loudon County 4-H's Health Rocks My Socks program for an afternoon of fun activities and games.

Health Rocks My Socks is an educational program that demonstrates the dangers of drugs and alcohol and gives the importance of a healthy diet and exercise. We will have tons of fun activities to help educate youth and adults alike about what happens when food is used to deal with stressful situations and how it can be harmful to the body.



AWESOME SPEAKER - DOOR PRIZES - HANDS-ON FUN

HealthRocksMySocks@yahoo.com