

Kid's Activities!

Raffle Prizes!

Door Prizes!



Family Fun!

Sports Demos!

Cooking Demos!

FREE!

**February 5th, 2011
10:00am - 1:00pm
Clarkston Community Education Building
6558 Waldon Rd in Clarkston**

FREE!

Interactive Activities and Health Screenings!

- Hands on Activities
- Sports Demos
- Cooking Demos
- Bicycle Helmet Sales and Fitting
- Comprehensive Child ID Kits
- CPR Instruction
- Medication Safety
- Poison Prevention
- Injury Prevention
- Car Seat Checking (by appointment only, please call 248-338-5460)
- Glucose and Cholesterol Screening
- Sports Medicine
- Bariatric Information
- Eye Screening for 6 Months & Older
- Bone Density Screening
- Cancer Services
- Blood Pressure and BMI

Guest Speakers! (Please see details on the back)

10:30am: Ken Krygel - Drug Recognition Expert from Macomb Community College

11:15am: Dan Houston - Certified Wellness Coach and Exercise and Nutrition Expert

12:00pm: Jay Zammit - Ironman Triathlete Committed to Fitness and Family

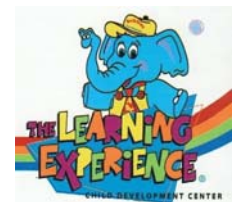
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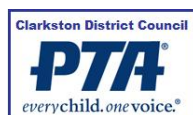
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Activities & Vendors are subject to change.

For more information visit www.clarkstonpta.org

FREE!



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Guest Speakers

Ken Krygel - Drug Recognition Expert from Macomb Community College

As a drug recognition expert, Ken will be delivering his presentation on teen drug use. Ken brings with him a wide variety of examples of ways students use and hide their use of drugs. Even if you believe your child would never be involved in substance abuse, this presentation will provide excellent information to help you recognize if your child may be involved with other students who are using.

Dan Houston - Certified Wellness Coach and Exercise and Nutrition Expert

Houston Fitness Consultants was founded in 1994. As active members of Oakland County and Clarkston, Dan Houston and his wife Cherie are committed in educating their community on subjects such as childhood obesity, exercise and nutrition. They are co-authors of two books, "The Power of Champions" and "Breakin' Down the Barrier". Dan has recently been named Fitness Director for the Oakland County Youth Assistance mentoring program.

Jay Zammit - Ironman Triathlete Committed to Fitness and Family

After losing 75 pounds, Jay completed his first Ironman Triathlon at age 50. The Ironman Triathlon is widely known as one of the most difficult races testing endurance and strength within three different disciplines of swimming (2.4 miles), biking (112 miles), and running (26.2 miles). Jay completed the Ironman in an impressive time of 12 hours, 51 minutes, and 28 seconds. He has 2 children, 2 grandchildren, and resides in Lathrup Village, MI (near Southfield) with his wife of 29 years.

