

Sponsored by:



Sheboygan County
Activity and Nutrition
Coalition

September is...

"STEPtember"



www.americaonthemove.org

Join us during the month of September in a variety of Family Health & Fitness Activities throughout Sheboygan County. Walks, runs, bike rides, family swims, and demonstrations; something for people of all ages and abilities.

- Sheboygan Area School District-Consult your school calendar for Open House dates & times (September/October)
- Plymouth Schools -PEP Run for Your Health (Saturday, September 20th, registration fee)
- Maywood 8th Annual Earthride (Saturday, September 20th, registration fee)
- Breaker Bay Blue Harbor (Public Swim \$7: 4-8PM Monday, Wednesday, Thursday. beginning in September)



Saturday, September 27

Healthy Snacks** & Handouts

Sheboygan

- **Blue Line** 12-2PM Free Admission
- **Family Resource Center** 10 AM-2PM at Sheboygan Memorial Mall
- **Early Learning Center** 9-11 Saturplay
- **Maywood** 1:30-3:30 PM Free walking trails and information
- **YMCA** 1-4 PM Free Admission
- **Boys & Girls Club** 10AM- 2 PM Hispanic Dancing & Edible Rainbow

Cedar Grove/Belgium

- **Cedar Grove/Belgium Pool** 1-3 PM Free Admission

Sheboygan Falls

- **Aquatic Center** 2:30 -5:30 PM Free Admission
- **YMCA** 1 -4 PM Free Admission
- **Camp Y-Koda** 8 AM to Noon Free walking trails

Kohler

- **Kohler School Friends Free Family Bike Ride** 8 AM Start/End at Kohler Schools
- **Sports Core** 4 -7 PM Free Family Swim with Inflatables
- **Woodlake Market** 1 - 4 PM Free Scavenger Hunt about health eating and fitness

Handouts and magnets compliments of Sheboygan County Activity and Nutrition Coalition (SCAN). Crayons compliments of St. Nicholas Hospital.

**Cheese compliments of Sargento Foods Inc.

**Apples compliments of: Pick & Save - Sheboygan, Piggly Wiggly - Sheboygan Falls, Woodlake Market, Gibbsville Orchard, Whispering Orchard, and Pigeon River Orchard.

