

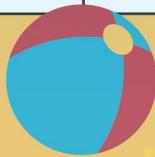
Healthy Kids Club

Summer 2020 | Newsletter



S	U	M	M	E	R	L	H
C	I	P	O	R	T	N	O
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TROPIC
BEACH
SUMMER
HOLIDAY
SAND
BALL
TAN
RELAX
SUN
FUN



Now Recruiting CLUB MEMBERS

Refer a new club member and earn a \$10 cash reward!*

PENNY'S TIPS TO HAVE A HEALTHY SUMMER

Be active! Ask your family to go for a walk, ride your bike, jump rope and help do chores at home. Just 60-minutes of exercise per day will help you stay healthy and grow up strong.

You'll also want to eat healthy foods, get plenty of sleep each night and wash your hands often to void the spread of germs.

Your friend,

Penny Ann Nickels

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