



City of Everett
Office of the Mayor
Carlo DeMaria, Jr.
484 Broadway
EVERETT, MASSACHUSETTS 02149

PRESS RELEASE

Monday, January 9, 2017

EVERETT HEALTH & WELLNESS CENTER LAUNCHES NEW PROGRAM

Mayor Carlo DeMaria and the Everett Health and Wellness Center have started, *Our Kids Program*, on January 8th 2017. Classes will run in 8 Week Sessions and will offer an array of activities for children starting as young as 18 months. *Our Kids Program* strives to promote healthier lifestyles for Everett children and families. There will be classes for toddlers and a parent as well as family fitness classes, so the whole family can work out together. Some of the classes will include: Tumbling, Soccer, Dance, Boot Camp, Arts and Crafts, Boxing, Basketball, Flag Football, Intro to Weightlifting, Speed and Agility, Jewelry Making, Extreme Dodgeball and so much More.

For more information please contact the Health and Wellness Center at 617-394-2390.

###

For additional press information please contact:

Tom Philbin
Director of Communications
City of Everett
484 Broadway
Everett, MA 02149
617-309-8038
Tom.Philbin@ci.everett.ma.us