



50 Ways to Fill a Candy-Free Easter Basket

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| Sand Bucket & Shovel | Puzzle |
| Coloring Book | Batteries for Toys |
| Stuffed Toy | Disposable Camera |
| Stencils | Markers/Note Pads |
| Socks | Crayons |
| Underwear | Stickers |
| Child-sized Silverware | Paint Set |
| Sippy Cup | Kid's Toothpaste |
| Koosh Ball | Tooth Brush |
| Kids Magazine Subscription | Hair Accessories |
| Kids Video | Summer Pajamas |
| Banana | Pears |
| Easter Eggs | Frisbee |
| Water Wings | Apples |
| Kid's Garden Tools | Bathing suit |
| Story Books | Play Dough |
| Mini Muffins | Library Card |
| Kite | Juice Boxes |
| Baby Carrots | Microwave Popcorn |
| Dried Fruit in Plastic Eggs | Small Box of Raisins |
| Jump Rope | Flower Seeds |
| Match Box Cars | Ball & Jacks |
| Rubber Stamps | Jewelry |
| Squirt Gun | Action Figure |
| | Sidewalk Chalk |
| | Fancy Shoe Laces |
| | Bubbles |

Women, Infants & Children (WIC) Program
Knox County Health Department

WHAT'S GOING ON ?

Check out these places for specialized events to help with your "Fit for Life" plans. There may be a cost associated with participation in some of these activities.



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| | For adults | |
| Personal Training | Fitness Center | Mothers Afternoon |
| Swimming | Survivor Challenge | Sand Volleyball |
| Co-ed Softball | Land Aerobics | Water Aerobics |
| Yoga | Parent/Child Golf Outing | |
| | For youth | |
| Lacrosse League | T-Ball | Gymnastics |
| Swimming | Parent/Tot Tumbling | Y-ABCs |
| Summer Adventure | Drill Team | |

CALL 392-9622 FOR MORE INFORMATION.

SPECIAL SPEAKER

Jim Landis, one of America's foremost authorities in health and fitness, will conduct a **free Fit for Life workshop** at the YMCA of Mount Vernon on **Wednesday, April 16 from 6-8 p.m.** The workshop is designed to help Knox County residents get a healthy start to their fitness program. As a Certified Fitness Trainer (CFT), Certified Fitness Therapist, (FT), and Certified Specialist in Performance Nutrition (SPN), Landis, with his over 20 years of experience, has worked with individuals from the most novice to some of the highest ranked world class athletes.

Landis' list of world class athletes, business leaders, professional film stars, and personalities include clients such as Les Wexner, C.E.O. of the Limited Corporation, Indianapolis 500 champions Danny Sullivan and Emerson Fittipaldi, tennis greats Chris Evert and Martina Navratilova, and USA Gold Medalist Olympic Figure Skating Champion Scott Hamilton.

International news sources including The New York Times, Men's Fitness, Lear's, Ski Magazine, Sports Illustrated, and The Aspen Times have reported on Landis' expertise and vast fitness experience, making this workshop a "must-attend" for area Fit for Lifers.

Pre-registration is not necessary.

Center for Rehabilitation & Wellness KNOX COMMUNITY HOSPITAL

- Exercise Classes • Fitness Assessments
Arthritis Foundation Aquatics Program • Tai Chi
One-On-One Personal Training

Heart Cardiac Support Group meets every Monday at 10 a.m. in the private dining room at Knox Community Hospital

UPCOMING DATES AND TOPICS INCLUDE:

- April 7 Heart Healthy Diet
April 14 Effects of Physical Activity
April 21 Medications
April 28 Breathing & Heart Disease

CALL 393-9695 FOR MORE INFORMATION



Free blood pressure screening
Glucose Testing \$3 charge
Monday - Friday, 8 a.m. - 4:30 p.m.

Cancer Support Group

Meets the first Thursday of the month
7 p.m. in the Health Department Conference Room
For more information, contact
Pat Tuttle at 397-2604 or Ann Hudson at 397-3565

Breast Cancer Support Group

Meets the third Tuesday of the month
7 p.m. in the Health Department Conference Room
For more information, contact
Judy Hoffman at 392-2200