

For Immediate Release

March 3, 2015

**Museum of Health Care offers accessible
March Break Programs**

(KINGSTON, ON) – This March Break the Museum of Health Care is offering free hands-on educational programs that will teach children about physical fitness and healthy eating. Titled “Pump it UP!” the programs will teach participants about fitness and why moving our bodies is so beneficial!

For the first time, the Museum is able to offer the programs at no cost, thanks to the support of the Weston Foundation and their Healthy Kids grant program. “We have always offered low-cost quality programming, but with the help of the Weston Foundation this year we are able to offer these programs for free,” said Ashley Mendes, Museum Manager and Program Director. “Our goal at the Museum is to educate families not only on health and medical history, but also to give them the tools to lead happy, healthy lives.”

According to the Museum’s Program Director Ashley Mendes, children aged six to twelve will learn through hands-on activities about the circulatory, respiratory and muscular systems and how they help our bodies move. “We are going to cover many aspects of healthy living. Our trained docents are going to demonstrate how the respiratory system works by blowing up balloons to measure lung capacity and get heart rates pumping in order to understand how our circulatory system functions. In addition, community fitness experts are going to lead the participants in fun physical activities. And since no activity is complete without a little treat at the end, the participants will have the chance to make creative snacks in accordance to Canada’s Food Guide,” Mendes concluded.

The “Pump it UP!” March Break Programs will run the week of March 16th. They are suitable for children ages six to twelve. Pre-registration is required. To register please call 613-548-2419, e-mail info@museumofhealthcare.ca, or complete an online registration form at www.museumofhealthcare.ca.

The Museum recognizes the support of the Weston Foundation.

-30-

Date & Time: Tuesday, March 17th 10:00 – 12:30pm OR
Wednesday, March 18th 10:00 – 12:30pm OR
Thursday, March 19th 10:00 – 12:30pm OR
Friday, March 20th 10:00 – 12:30pm

Location: Museum of Health Care at Kingston, Ann Baillie Building National Historic Site, 32 George St.

Cost: Free

For more information, contact: Ashley Mendes or Diana Gore

613-548-2419 | info@museumofhealthcare.ca | www.museumofhealthcare.ca