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32 George Street, Kingston ON | [museum@kgh.kari.net](mailto:museum@kgh.kari.net) | (613) 548-2419

**For Immediate Release**  
**February 23, 2012**

## Healthy eating at the Museum of Health Care -- "Yum, Yum, MUNCH!" program for children

(KINGSTON, Ont.) – The Museum of Health Care is offering a hands-on March Break Program that will teach children about healthy eating and digestion.

According to the Museum's Program Director Catherine Toews, children aged six and up will learn through hands-on activities about what happens to the food we eat and how it fuels the body.

"We're going to cover the passage of food from 'chew to poo' (so to speak), as well as healthy eating and active living as per Canada's Food Guide" says Toews. "Children will play a mystery food game, examine real teeth, act out the processes of the digestive system, and take home their own customized Food Superhero Magnet."

The Museum of Health Care offers education programs throughout the year and accepts school and other group visits by appointment.

To pre-register children in the Yum, Yum, MUNCH! March Break Program, visit [www.museumofhealthcare.ca](http://www.museumofhealthcare.ca), email [info@museumofhealthcare.ca](mailto:info@museumofhealthcare.ca), or call 613-548-2419. A limited number of spaces are available, and one session is already full.

The March Break program sessions are on March 14 (10am-noon), 15 (10am-noon), and 16 (10am-noon or 2pm-4pm). The session on Thursday, March 15<sup>th</sup> is fully booked. The program is suitable for children ages 6 and up and costs \$5 per child. Adults are welcome to accompany their child, free of charge. Pre-registration is required. To register call 613-548-2419, e-mail [info@museumofhealthcare.ca](mailto:info@museumofhealthcare.ca), or complete an online registration form at [www.museumofhealthcare.ca](http://www.museumofhealthcare.ca).

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**Location:** 32 George Street, Ann Baillie Building National Historic Site  
**Dates & Times:** Wednesday, March 14, 10:00 am to noon, OR

~~Thursday, March 15, 10:00 am to noon~~ (Session is full), OR  
Friday, March 16, 10:00 am to noon, OR  
Friday, March 16, 2:00 pm to 4:00 pm  
**Cost:** \$5/child (no charge for adults)

**For more information, contact:** Catherine Toews or Jenny Brown  
613-548-2419 | [museum@kgh.kari.net](mailto:museum@kgh.kari.net) | [www.museumofhealthcare.ca](http://www.museumofhealthcare.ca)