

For Immediate Release
February 27, 2013

***“Pump it UP!”* March Break Programs at the Museum of Health Care**



(KINGSTON, Ont.) –The Museum of Health Care is offering a hands-on March Break Program that will teach children about physical fitness. Join in the fun and learn about fitness and why our moving our bodies is so beneficial!

According to the Museum's Program Director Jenny Stepá, 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're going to discover why our bodies in motion are so amazing!” says Stepá. “It will be a really fun and active program. We'll compare lung capacities by blowing up balloons and get our heart rates pumping in order to understand

how our circulatory system works” she adds.

“Ultimately, we want children to appreciate the importance of exercise for their overall health and wellbeing” says Stepá.

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

“Pump it UP!” sessions are on March 13 (10am-noon), 14 (10am-noon), and 15 (10am-noon OR 2pm-4pm). The program is suitable for children ages 6-12 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, or complete an online registration form at www.museumofhealthcare.ca.

Location: 32 George Street, Ann Baillie Building National Historic Site

Dates & Times: Wednesday, March 13, 10:00 am to noon,
OR Thursday, March 14, 10:00 am to noon,
OR Friday, March 15, 10:00 am to noon,
OR Friday, March 15, 2:00 pm to 4:00 pm

Cost: \$5/child (no charge for accompanying adults)

For more information, contact: Jenny Stepa or Diana Gore
613-548-2419 | info@museumofhealthcare.ca | www.museumofhealthcare.ca