

Day of Health

We will educate the youth on our three pillars: eating healthy, mental health, and physical health. We will introduce them with fun, interactive, and playful activities. The goal is to provide children with the important life tips and tricks that were not privy to us until adulthood.

Program Type [Single](#)

Time 1 hour

Audience Size 10 minimum-30 maximum

Language English

Audience Youth

Season All Year

Topic Wellness

Region Central, Metro Boston, Northeast

Program Contact

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