

LET'S CELEBRATE WITH FUN WAYS TO EAT BETTER & MOVE MORE!

POWER CHEF RECIPE CONTEST

It's PowerUp Week! Time to tune up your taste buds, sharpen your chef skills and submit your most delicious fruit or veggie inspired recipe. You could win an InstaPot® Gift Pack with great cooking gear and your recipe will be featured by PowerUp.



Visit www.powerup4kids.org/week to enter and for complete contest rules. Please submit your recipe by May 26 for a chance to win!



AMERY HOSPITAL & CLINIC
HEALTHPARTNERS STILLWATER MEDICAL GROUP
HUDSON HOSPITAL & CLINIC
LAKEVIEW HOSPITAL
WESTFIELDS HOSPITAL & CLINIC



JOIN THE FUN DURING THE **3RD ANNUAL POWERUP WEEK** MAY 5-13!



This special week is a time to have fun, get inspired and PowerUp with lots of activities to help kids, families and the entire community eat better and move more! PowerUp week is a great way for communities in the St. Croix Valley to come together and do what's best for our kids, so they can grow up healthy and strong.

In this special edition

of the **PowerUp** Press,

you will find lots of

ways to celebrate

and **PowerUp** all

week long.

WATCH FOR THESE
FUN POWERUP WEEK EVENTS

All events are free or low cost.

Fri | May 5

5:30 pm (race time)
PowerUp Family
Cinco de Mayo Triathlon*
Square Lake Park
Stillwater

Sat | May 6

9:15 am (race time)
PowerUp Family 2K*
SooLine Park | Amery

Tues | May 9

6:00-8:00 pm PowerUp Community Conversation* Lakeview Hospital | Stillwater

Wed | May 10

6:00 – 8:00 pm Open Gym with Kids Dance + FREE Veggie Giveaway

Thurs | May 11

4:30 – 6:30 pm FREE Veggie Giveaway SMG Clinic - Mahtomedi & Amery Hospital

Fri | May 12

6:15 – 8:15 pm Open Gym with Kids Dance EP Rock Elementary Hudson & Lien Elementary, Amery

Sat | May 13

4:00 – 5:00 pm PowerUp Kids & Family Dance Party | Stillwater

7:00 – 8:30 pm PowerUp Teen Dance Party Curio Dance Studio | Stillwater

Sat | May 20

8:30 a.m. register | 9:00 a.m. race White Bear Lake Family Bike Ride

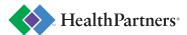
WHO'S GOING TO BE THE NEXT POWER CHEF RECIPE CONTEST WINNER?

Let's PowerUp plates across the St. Croix Valley with delicious, kid-approved recipes! All recipes must be your own creation featuring at least one (or more) fruit or vegetable. To enter and for complete contest rules, visit www.powerup4kids.org/week. Submit your recipe by May 26.



Visit **powerup4kids.org/week** to register*, plus learn about these events and so many more - Don't miss out!

Find this and more TOP winning, kid-approved fruit and veggie recipes at **powerup4kids.org/recipes**.



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PowerUp Week is a special week for everyone to celebrate with fun ways to eat better, move more and create strong healthy communities.



DID YOU KNOW THAT IT'S CHOMP'S BIRTHDAY?

HELP HIM CELEBRATE!

CHOMP'S BIRTHDAY PARTIES

Saturday, May 6 | Amery Library

Monday, May 8 | Wildwood Library, Mahtomedi

Friday, May 12 | Lake Elmo Library

Saturday, May 13 | Somerset Library

Visit powerup4kids.org/week for additional party details.

