

KidSmart™ is a program of the Sara Lee Center for Women's Health at Forsyth Medical Center to promote awareness of good nutrition for children and their families. KidSmart teaches children how to make smart, healthy food choices. For more information, contact Elizabeth Rogers at 336-718-3281.

A PROGRAM OF  FORSYTH MEDICAL CENTER  
CENTER FOR WOMEN'S HEALTH

 **KidSmart**  
 **rt**  
SM

**Hey Kids!**  


Would you like a  
special KidSmart<sup>SM</sup> prize?

**Look inside!**



# Here's how to get your **KidSmart** prize:

A PROGRAM OF  **Forsyth** MEDICAL CENTER  
CENTER FOR WOMEN'S HEALTH

1. Tell us what it means to you to be a healthy KidSmart Kid in the space below.

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Your Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

2. Visit any of the participating KidSmart restaurants and get this card initialed five times in the spaces below:

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3. Mail this card to:

I'm A KidSmart Kid  
3333 Silas Creek Parkway  
P.O. Box 40  
Winston-Salem, NC 27103

