

# Kids Quest



## The Quest is On!

**Begins:** Saturday, June 1, 2024

**Registration:** [haysmed.com/the-center/kids-quest](https://haysmed.com/the-center/kids-quest)

### Earn prizes at each destination!

- Recommended for children Pre-K – 8th grade
- HaysMed challenges participants to run, walk, bike or swim a total of 60 miles this summer. See exercise flier for additional opportunities to earn miles.
- Participants will be traveling throughout the United States, please PRINT the map to track progress. As participants reach each destination they will become eligible to earn prizes (coupons) from local business sponsors.
- Prizes will be coupons to be used at your convenience from August 7 through December 31, 2024.
- Participants will need to bring COMPLETED map to receive a t-shirt and coupons to local business sponsor locations. T-shirt and coupon pick up will be offered Wednesday, August 7 from 11:30 a.m.-1 p.m. and 4:30-6:30 p.m. at The Center gazebo (located east of The Center). Prizes picked up after August 7 will be available at The Center for Health Improvement front desk. All prizes must be picked up by Sunday, August 11.

Hours of operation are:

Monday thru Thursday 5 a.m.-10 p.m.

Friday 5 a.m.-8 p.m., Saturday 6 a.m.-6 p.m.

Sunday 10 a.m.-5 p.m.

**Print the following fliers:** map, exercise instruction, education, and sponsor list. A video is available on the Kids Quest website with instructions on how to complete the exercises safely.

**Register by May 31 to receive a free t-shirt.**

### For more information

**785-623-5900**

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