

## **The 4th Annual Kids Day America is almost here**

By **ASHLEY HOUSEMAN**

### **PUNTA GORDA CLUB**

On September 18, Dr. Kevin Van Nostrand owner of the Punta Gorda Club and Spinal Health & Rehab will be hosting the 4th annual Kids Day America (KDA). KDA is a special day set aside to address health, safety, and environmental issues that affect us as individuals and as a community. The event will be held locally from 10 a.m. until 2 p.m. at Sallie Jones Elementary in Punta Gorda.

The event will provide essential information on crime prevention, Internet and child safety, and environmental awareness. Dr. Kevin Van Nostrand's office will be performing free health screenings, distributing information on disease prevention, and health promotion for the children. The Charlotte County Sheriff's Department and Punta Gorda Police Department will be on hand to provide free drug prevention for all the children, and bicycle safety and free helmet fitting giveaways. The Punta Gorda Fire Department is bringing a fire truck and will teach fire safety tips. The Florida Division of Forestry will teach about fire prevention. The Florida Masonic Child ID Program will be providing free recordings and videotapes to help recover a family's missing child. Helgemo and Liou Pediatrics will be giving free health screenings. Dr. George Sanchez will perform free dental screenings. Charlotte County Health Department will provide nutrition handouts and giveaways. Kids will receive free plants provided by The Home Depot.

The first 500 children to attend will receive this year's Kid's Day America T-shirt.

Children will have a chance to learn and engage in activities from all of health, safety and environmental stations. After visiting each station, each child will be entered into a drawing for a free Nintendo Wii!

"Daily we are adding new and exciting events to accommodate an expected 2,000-2,500 kids. In addition we are raising money for Charlotte County Homeless Children Nutrition Program by selling hamburgers and hotdogs, also 'In Your Face Cupcakes' will be selling healthy sugar free cupcakes," Van Nostrand said. "The event is free to the community."

The event will take place at Sallie Jones Elementary School, 1230 Narranja Street, Punta Gorda. This free event will be from 10 a.m.-2 p.m. and is suitable for children and families of all ages. If you would like more information, please contact Giselle at 941-205-2180.