



For Immediate Release

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Little Sprouts are growing Mighty Strong!

Little Sprouts partners with Local Health Center to create a Healthy Movement program for their Sprouts

Lawrence, MA. April 1, 2008 – Little Sprouts Child Enrichment Center in Lawrence has created a partnership with their neighbor, Dr. Rene's Thomas's NEW HOPE Health Center at the Riverwalk in Lawrence. Dr. Rene, CEO of NEW HOPE Health Center, has created a Healthy Movement Program for children ages 3-5. This program focuses on healthy eating along with team building activities for children. Both preschool and kindergarten children from the Lawrence Little Sprouts center participate in this NEW *Mighty Sprouts* program every Friday morning. Each classroom has the opportunity to visit the NEW HOPE Health Center and participate in various games, exercises and activities that focus on the children's social and gross motor development. "The children look forward to their Mighty Sprouts class every week." noted Heather Couture, Executive Director of Little Sprouts in Lawrence. "Many parents are pleased that we offer these classes for their children, not only to help stimulate their children's minds but it is also a wonderful way to encourage healthy eating habits and team building activities in a fun interactive experience."



About New Hope Health Center: The New Hope Health Center is a research and treatment clinic for Body Integration, a diagnostic and treatment method of healthcare procedures which allows the body to reveal the underlying cause of the systems exhibited. The body has many complicated functions and an unfathomable data bank. To find out more about our program, please visit www.newhopehealthcenter.com

About Little Sprouts Inc.: Little Sprouts has been a leader in providing award winning early education since 1982. A group of humanitarians that believe in the power of literacy to change the world; social, emotional, intellectual and physical literacy for children, youth, teachers and families. Little Sprouts believes in the commonality in humanity. We embrace that unity is best achieved by celebrating diversity. Little Sprouts has 7 schools in Massachusetts supporting families that reflect 32 cultures speaking 23 languages from all walks of social, economic, religious & ethnic backgrounds. To learn more about how you can join us in making the world a better place, visit us at www.littlesprouts.com