

“A Healthy Start”

Making a Difference for a Healthy Community

This series of six interactive events will be presented by Kristin Steede and Cathy Skell. Kristin and Cathy were participants on the hit show the Biggest Loser. Kristin Steede was the largest woman in "The Biggest Loser" history to compete on the ranch for as long a time as she did. When she began, she weighed 360 pounds. Today, she is 140 pounds lighter -- and an inspiration to all. Kristen brings excitement, encouragement and motivation to events and gets audiences pumped up while touching hearts and minds.

Schedule of Events

January 13 - Healthy Start-Kristin & Cathy encourage attendees to start the New Year off with healthy resolutions and goals. Kaukauna High School Auditorium 7pm –8:30pm

February 10 - Tips and Tricks - Kristin and Cathy will share ideas to keep up with living a healthy life. Riverview Middle School Auditorium 7pm - 8:30pm

March 10 - Get Moving with yoga, zumba and kick boxing. Kaukauna High School Gymnasium 7pm - 8:30pm

March 31- Stay Healthy. Learn the medical repercussions of living an unhealthy lifestyle. Kaukauna High School Auditorium 7pm –8:30pm

May 5 - Eating Healthy with new options. Location & Time TBD

Train with us the month of June for the Firecracker Run

July 4 - Firecracker Run. Participate as a family in this 5k run/walk. Central Park, Kaukauna

Proud Sponsor

The Bank of Kaukauna



264 W. Wisconsin Avenue, Kaukauna, WI 54130

Limited seating at all events.

