

ACTIVE KC FROM CHILDREN'S MERCY

# GET SUPPORT, GET ACTIVE!

ACTIVE KC'S GOAL IS TO HELP THE KANSAS CITY  
COMMUNITY MOVE MORE THROUGHOUT THE DAY.

- Receive a free Garmin watch to track your activity and up to \$75 for completing the 8-week program.
- Active KC is looking for:
  - Adults
  - Children (8+)
  - And/or families
  - Eastside KC residents
- Participants will wear the Garmin, receive several text messages during the week, complete two surveys, and have the option to participate in focus groups.
- Participants must have a smart device that can send and receive text messages to be eligible.



Participation in Active KC is voluntary.  
For more information or to participate, call (816) 287-0262,  
email [activekids@cmh.edu](mailto:activekids@cmh.edu), or visit  
[www.ciparesearchteam.org/activekc](http://www.ciparesearchteam.org/activekc)



Children's Mercy