

# 50 Family Fun Things To Do!



## Our Mission:

Health Solutions exists to assist those in need of healthcare services who require expert care to support recovery and to successfully achieve their healthcare goals. Health Solutions is committed to offering exceptional quality services that set the standard for healthcare in Colorado. This care is provided through service excellence, innovation, compassion, and promotion of self-determination.

## Our Values

**We believe** that individuals in need of our services are our highest priority. They are the reason why Health Solutions exist.

**We believe** in the preservation of human dignity, self respect, and individual rights in a caring environment that results in enabling individuals to live, work, and contribute in their chosen community.

**We believe** in the person-centered approach to care in which the total healthcare needs of the individual are addressed. We encourage families to become involved in their loved one's treatment efforts.

**We believe** our employees are our most valuable asset and we promote a healthy work environment, open communications, teamwork, trust, honesty, and ethical behavior which allows us to be accountable to each other, to the individuals we serve, and to our community.

**We believe** that Health Solutions should be responsive to the healthcare needs of its communities and should direct its resources to meet those needs in a cost effective manner.

**We believe** in being a good corporate citizen of the community, maintaining communications with the various public's we serve, and participating actively in community affairs, particularly those related to healthcare.

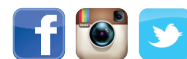
Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.



## Youth & Family Services

1012 W. Abriendo Ave.  
Pueblo, CO 81004  
Phone: 719.545.2746



[www.Health.Solutions](http://www.Health.Solutions)

# Our 50 Family Fun Things To Do!



*Your Health Is Our Priority*



# 50 Family Fun Things To Do!

- 1) Picnic in the park.
- 2) Visit the local zoo.
- 3) Go for a family bike ride.
- 4) Play horseshoes or badminton.
- 5) Bake & decorate cookies together.
- 6) Start a neighborhood litter pick up.
- 7) Volunteer at the Red Cross.
- 8) Go fishing.
- 9) Read a book out-loud, taking turns.
- 10) Go swimming.
- 11) Plan and plant a garden together.
- 12) Play a board game.
- 13) Watch an animal documentary.
- 14) Take a day trip to the mountains.



- 15) Roast marshmallows & s'mores.
- 16) Join the YMCA and go together.
- 17) Film a family comedy video.
- 18) Go roller skating or roller blading.
- 19) Day hike on a local trail.
- 20) Attend a dog show.
- 21) Join a family bowling league.
- 22) Play a card game.
- 23) Go to a video arcade together.
- 24) Visit another town's zoo.
- 25) Volunteer at an animal shelter.
- 26) Design & paint your own T-shirts.
- 27) Have an in-family photo contest.
- 28) Organize a family block party.
- 29) Attend a Healthy Inspirations class.
- 30) Go to a movie.
- 31) Go ice skating.
- 32) Join MADD or SADD.
- 33) Attend a concert in the park.
- 34) Play half court basketball.
- 35) Best web site of the week contest.
- 36) Donate clothing to a homeless shelter.
- 37) Research & plan the family vacation.
- 38) Kids plan, shop & cook dinner.
- 39) Attend the theater or ice skating show.
- 40) Develop a family stock market club.
- 41) Attend church bingo or other activity.
- 42) Plan & have a party.
- 43) Have a neighborhood scavenger hunt.
- 44) Play Frisbee or catch in the park.



- 45) Have a family spelling bee contest.
- 46) Play "Horse" on the basketball court.
- 47) Plan a cook-out with friends.
- 48) Video "Stupid Human Tricks" at home.
- 49) Enter a charity 10K run or walk.
- 50) Come up with your own list of 50 fun things to do!



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