

The Happy & Healthy Kids

PANTHER

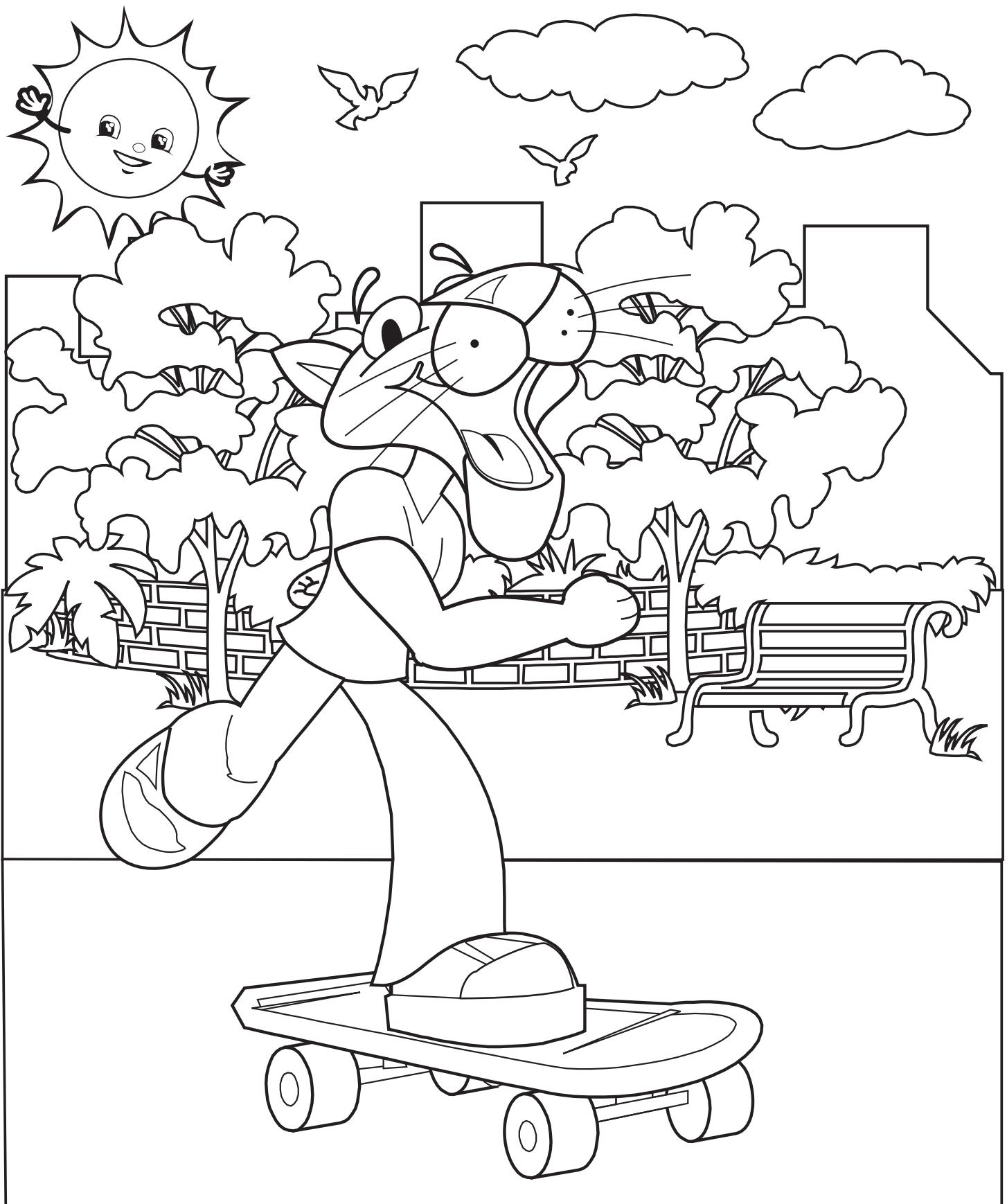


COLORING BOOK



NEOSHO COUNTY
COMMUNITY COLLEGE

The education you need. The attention you deserve.



Everybody needs fresh air, sunshine,
and exercise to stay healthy!



Panthers like to get lots of exercise!
There are lots of fun ways to get exercise!



BASEBALL
or SOFTBALL



FOOTBALL



SOCCER

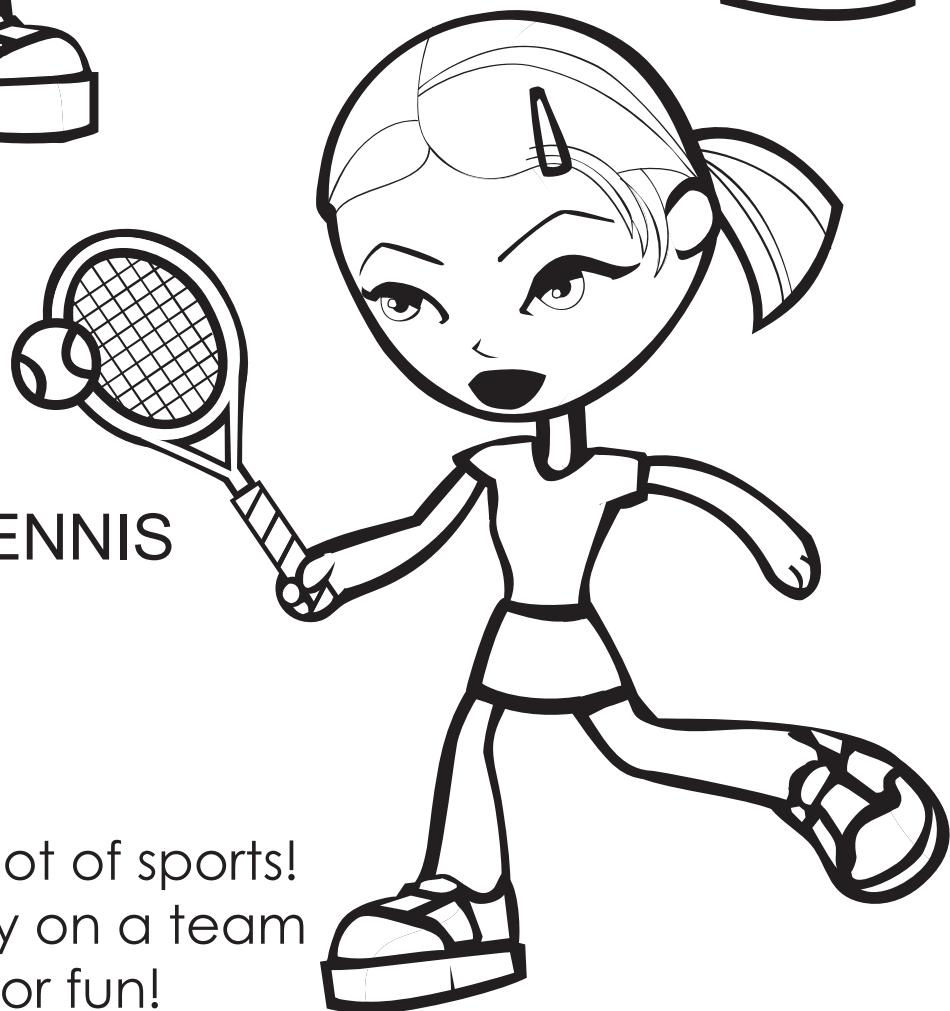
Playing sports is one way to get exercise.



BASKETBALL

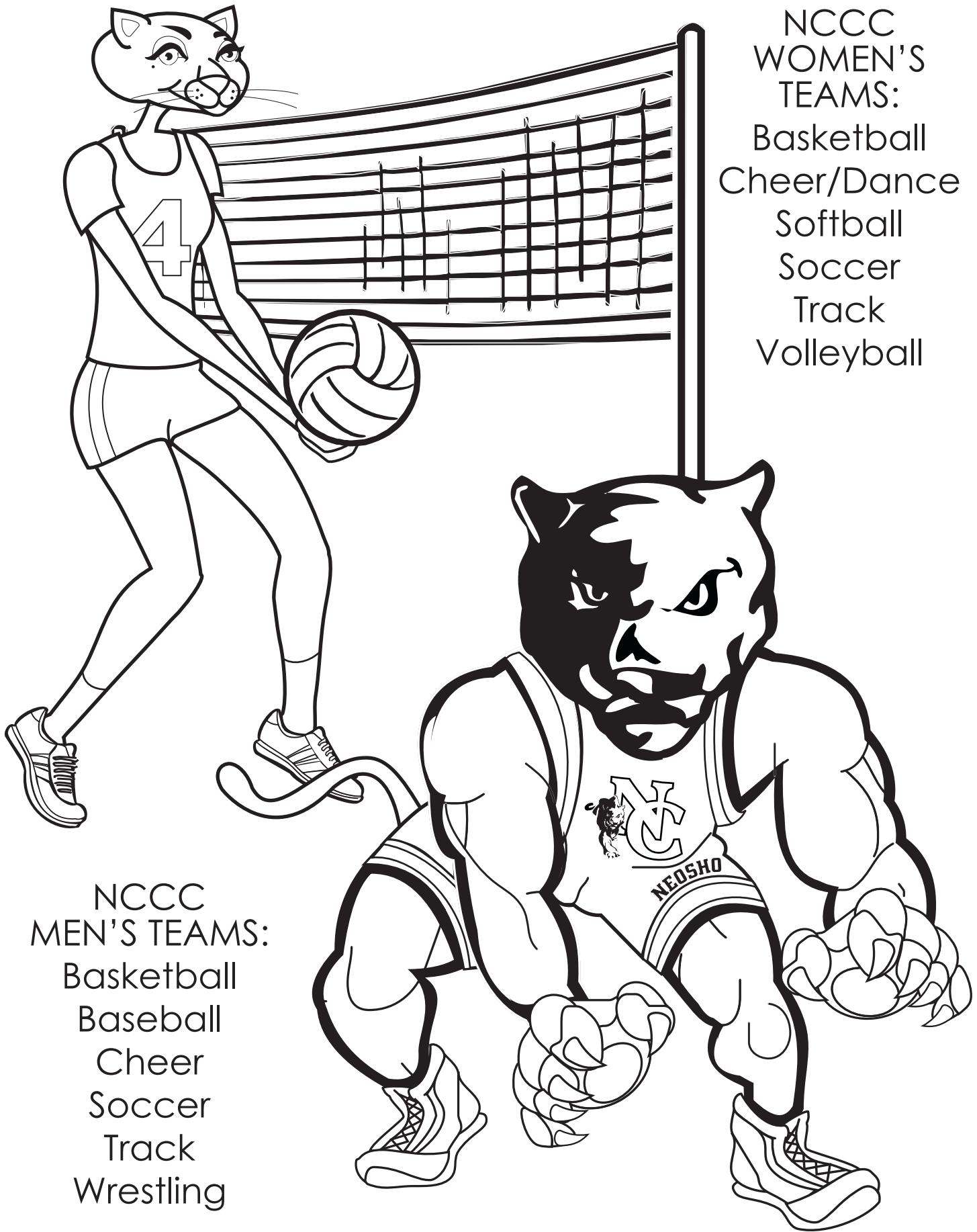


TRACK



TENNIS

There are a lot of sports!
You can play on a team
or just for fun!



NCCC
WOMEN'S
TEAMS:
Basketball
Cheer/Dance
Softball
Soccer
Track
Volleyball

NCCC
MEN'S TEAMS:
Basketball
Baseball
Cheer
Soccer
Track
Wrestling

Come to NCCC's games and watch the Panthers play!



AND CHEER US ON!



Eating healthy foods is very important for Panthers
and for you too!



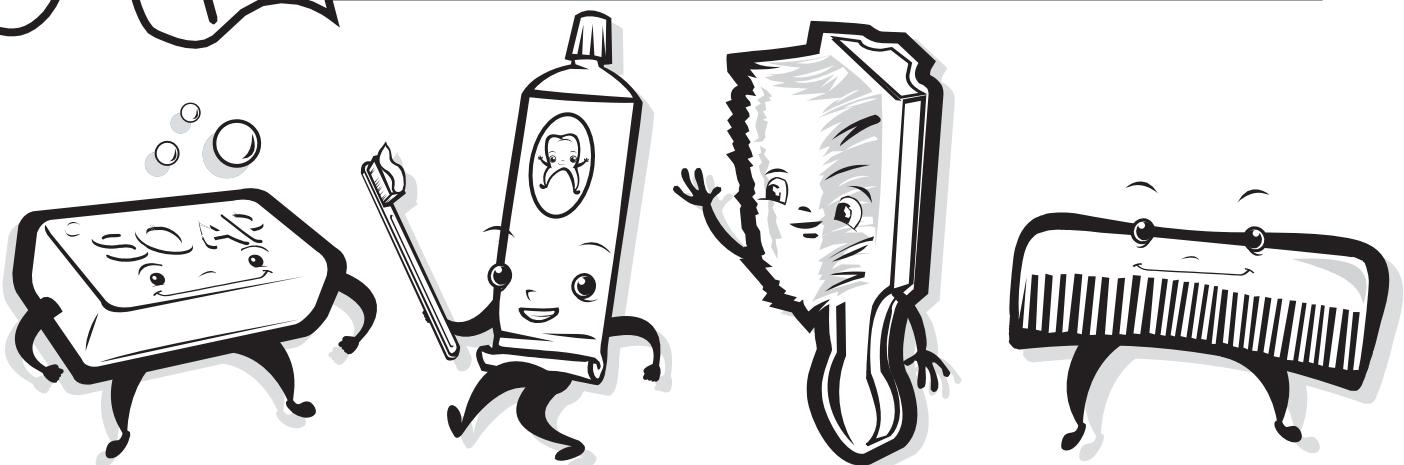
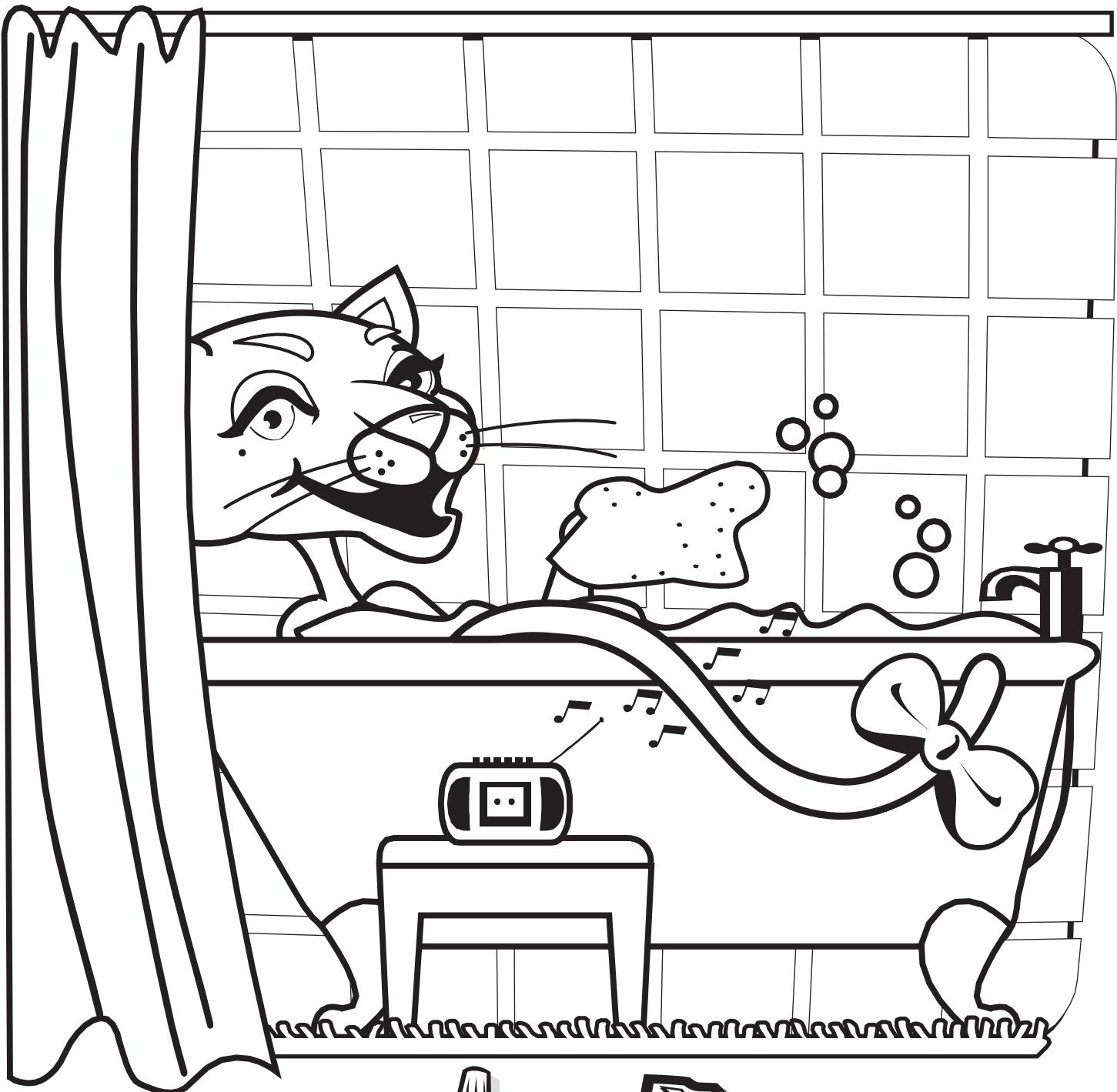
YUM! Spot wants a healthy snack too!



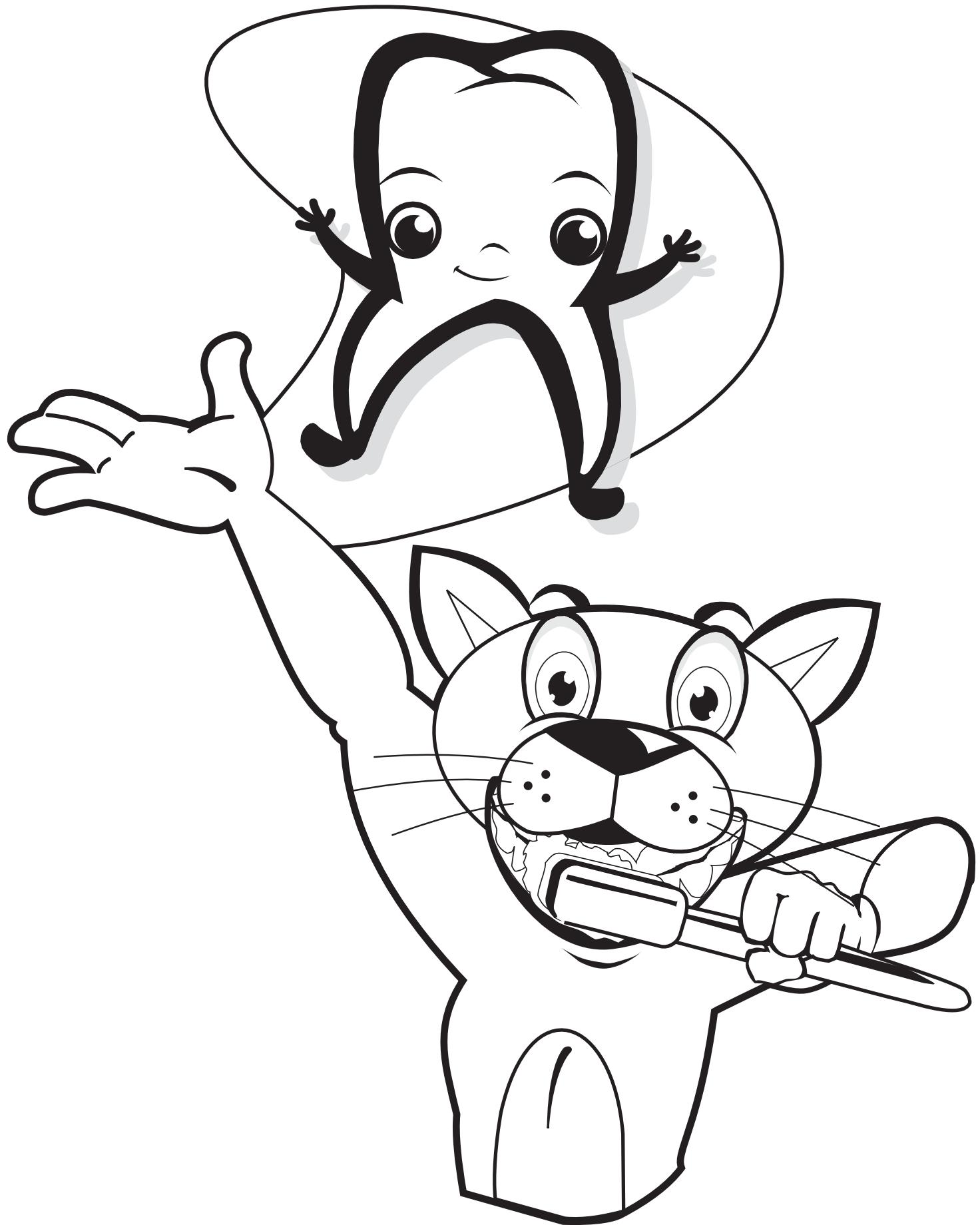
It's important to take care of all of you!
Wear sunscreen when you play outside.



Sunburns are bad for your skin,
and germs can make you sick.



Keep yourself clean and protect yourself from germs.



Panthers need to keep their teeth sharp and clean!



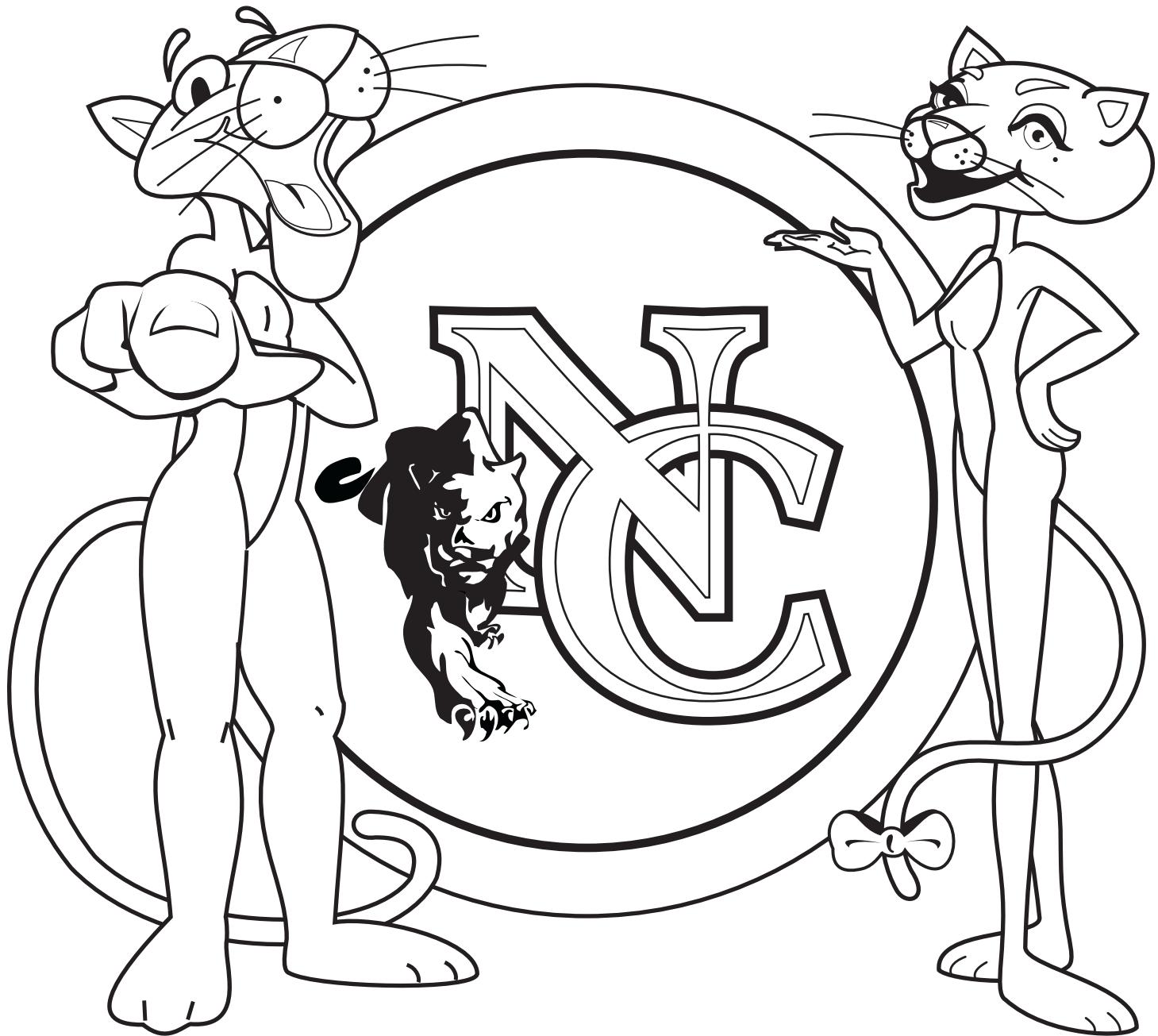
Even big, strong panthers need their rest.



Getting enough sleep is just as important as getting exercise and eating right to stay healthy.

Remember to eat right, get enough sleep, and exercise and someday...

YOU could be a Panther too!



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