

Biggs Museum of American Art

For Immediate Release
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(302) 674-2111 ext. 105

Media Contact
Stephanie Fitzpatrick
sfitzpatrick@biggsmuseum.org

Biggs Museum and Kent Kids Present Healthy in the HeART of Delaware

August 10, 2013 from 10 a.m. – 2 p.m.



Dover, DE (July 26, 2013) – On August 10, 2013, The Biggs Museum of American Art will collaborate with the Kent Kids Initiative (spearheaded by Nemours Foundation) and Telamon Head Start to host a free youth program, entitled *Healthy in the HeART of Delaware*, that is dedicated to art and making healthy choices.

At this event, the artwork of children from the Lake Forest School District and Telamon Head Start will be exhibited in the Museum's Child HELP Foundation Studio. In addition to this special exhibition of children's artwork, there will be a variety of free activities offered to promote both healthy lifestyles and art education.

Activities from 10:00 A.M. to 2:00 P.M. will include the following stations:

- Draw a healthy choice and construct a duct tape frame for the artwork
- Tours of the Biggs Museum

- Play hopscotch or 4 square
- Jump rope to music
- Move! Listen to a story and move with the words
- Performance by break dancers and singers from Lake Forest
- Yoga, Zumba, Ballet, Karate offerings

The program will be organized as a passport system, and children will be encouraged to move from station to station to check all items off of their passport. Families can drop by at any time between 10:00 a.m. and 2:00 p.m. to participate. This offering promises to be a fun, educational experience for all involved. For more information visit www.BiggsMuseum.org or call (302) 674-2111.

About the Museum

The Biggs Museum seeks to serve a diverse public as a regional museum of fine and decorative arts, made from 1700 to present, representing the State of Delaware and the surrounding Mid-Atlantic region. The Biggs Museum engages audiences through a compelling program of temporary exhibitions and programming. The Biggs Museum encourages the development of creativity and an appreciation for art by offering a comprehensive slate of educational programming for all ages. The Biggs Museum of American Art is a private, non-profit 501(c) (3) organization.

Hours of Operation: Tuesday through Saturday; 9:00 a.m. until 4:30 p.m. Sunday; 1:30 p.m. until 4: 30 p.m.

Admission: Biggs Museum is free to the public year-round. Fees may apply to certain programs and special events.

The Biggs Museum of American Art

406 Federal Street
 Dover, DE 19901
 302.674.2111
www.biggsmuseum.org

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