

HEALTHY HABITS

FOR FAMILIES

AN EIGHT-WEEK PARENT AND CAREGIVER WORKSHOP

SPACE IS LIMITED!

REGISTER TODAY!



This no-cost workshop empowers families to be wellness leaders at home and in the community.

Join us to learn:

- how eating habits and nutrition impact your family's health
- exercises you can do at home to improve your health
- about the mind-body connection and participate mindfulness activities
- how to prepare simple and healthy snacks



**WEEKLY
FOOD
TASTINGS**



Parents Report after participating in this program:



Their knowledge about nutrition and preparing healthy meals improved



The recipes were easy to make and delicious



They felt more confidence and positive about their health



They exercised more



For questions or to register contact:

Name:



Workshop Information:

Dates:

Time:

Place:



