



# IT'S TIME FOR YOUR FAMILY TO MAKE A HEALTHY LIFESTYLE CHANGE!

**Building Healthy Families** is a program that will inspire your family to take action in life-long healthy eating and physical activity behaviors.

The program is designed for families with a child, 6-12 years old, with excessive body weight.

**12 weekly sessions with refresher sessions up to 1 year.**

**INTERESTED?** Attend our next informational meeting!

Location:	WNCC Haems Center
Date:	(Pick ONE) Feb. 10, 17, or 24
Time:	5:30pm - 7:30pm
Other:	308 - 633-3335



**TAILORED FAMILY WELLNESS COACHING**  
Set your own lifestyle goals for physical activity and nutrition behavior.

**NUTRITION**  
Learn realistic ways for your family to eat healthy!

**FAMILY FUN ACTIVITIES**  
Learn new activities and exercises to do at home!

**MOTIVATION**  
Interact and learn from other families to stay focused!



[www.buildinghealthyfamilies.us](http://www.buildinghealthyfamilies.us)