

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!

August 11, 2025

5:30 p.m.

Mathews Elementary

1225 Rice Mine Road N



**SCAN TO
ENROLL**



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

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