



HEALTHY HABITS

Join us for the Healthy Habits for Families Workshop Series

Children learn from the influences around them. Part of growing up is creating the habits that will follow your kids throughout their lifetime and shape them as they get older.

04/05/18

SETTING SMART GOALS

Exploring personalized meanings of health and setting health goals

04/12/18

PHYSICAL ACTIVITY

Benefits of physical activity and strategies to help add more movement to your day

04/19/18

WHAT MY BODY NEEDS

Find out the nutritional needs of the body and the recommended serving sizes for health

04/26/18

MIND BODY CONNECTION

Explore the connection between your mind, body, and emotions for a healthier life.

05/03/18

CHILDHOOD OBESITY PREVENTION

Learn the risks of childhood obesity and get tips to help your child eat healthier, move more and enjoy it!

05/10/18

FOOD LABELS AND INGREDIENT LIST

Practice reading food labels and inspecting ingredients to make informed food decisions.

05/17/18

SAVE \$\$, ADD NUTRITION

Add nutrition even on a budget and keep more money in your pocket.

05/24/18

PARENTS IN ACTION!

Teamwork to practice skills learned and be health educators for a day

05/31/18

HEALTHY HABITS CELEBRATIONS!

Review our successes and goals and celebrate with a potluck.

**Date: Thursdays
April 05 thru May 31, 2018
Time: 8:30 a.m.–10 a.m.**

**Where: Parent Center
Pio Pico Middle School
There will be *food demos and prizes!***

For more information contact Maria Rodriguez at 323-866-3025 or Esther Valerio at 323-866-2928

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