

Healthy Habits

Exciting Summer Sessions Begin June 29!

Healthy Habits is a fun, engaging program for children and families!

Enjoy hands-on activities, such as cooking healthy recipes, and get tips for improving family communication.

Each interactive weekly session will focus on a variety of topics ranging from nutrition and portion control, to the importance of physical activity.

We help develop and encourage behaviors that will promote a lifetime of good health.

Healthy Habits is designed for children ages of 7 through 12.

Each child must be accompanied by a parent. Siblings are welcome!



***Eat Smart &
Get Moving!***

Register Today...

***It's FREE &
It's FUN!***

Wednesdays, 7:00 PM to 8:30 PM

For five consecutive weeks (beginning June 29, 2011)
in conference rooms A&B at Englewood Hospital

Call 201.894.3635 to Register for this FREE Program!