



*you're invited!*

## INTRODUCTION TO THRIVING FAMILIES' SERIES & Teen Kick-Start Introduction

Sign up today for a Healthier Family!

Everyone needs a balance of healthy foods and active living to feel your best and prevent disease. As a parent, you can teach your children healthy habits that will last a lifetime. Join us to learn how to create a home environment that encourages healthy eating and physical activity.

In our workshops you'll learn:

- Healthy Habits
- The Healthy Plate
- Making Healthy Food Choices
- Hunger/Fullness Scale
- Mindful Eating
- Move Your Body for Enjoyment

**VIRTUAL WORKSHOPS ARE 90 MINUTES  
IN LENGTH**

### **WHAT YOU'LL NEED**

1. kp.org or email account
2. Computer, smartphone, or tablet with a secure and reliable internet connection.

For available workshops, call  
(909) 609-3000.

**WORKSHOPS ARE AT NO CHARGE FOR  
KAISER MEMBERS**

**\$10 FEE FOR NON-MEMBERS**