

# Nourished Family

A series of five evenings



**Come to our family-focused program!** Together, you'll learn about building lifelong healthy habits. Parents, with their junior high and/or high school children, will listen and talk about eating healthy meals and snacks, about fitness, and the impact of both on health. Learn about the roles that teens, children, and parents have in sticking with healthy habits even through challenging times. At each session, you'll do some physical activity and discover helpful cooking skills tips. Each session is led by our Nourished Family team, which includes a dietitian, a social worker, physical therapists, and a pediatrician.

Location: Union City Medical Center  
Time: 5:30 – 7:30 p.m.

<b>“Summer Days”</b>	<b>July 26</b>
<b>“Back to School”</b>	<b>August 23</b>
<b>“Harvest”</b>	<b>September 13</b>
<b>“Trick or Treat”</b>	<b>October 25</b>
<b>“Happy Hearty Holidays”</b>	<b>November 29</b>

**Registration:** Enroll ahead. Join anytime.

Call or visit Health Education (510) 784-4531, or (510) 248-3455.

**Fee for each evening:** \$15/ first child or teen (with two parents or caregiver adults)  
\$5/ each additional child or teen attending