



Healthier Kids
Foundation

REGISTER!

Call us to find a free
class near you!

1-855-344-6347

10 STEPS TO A HEALTHIER YOU!

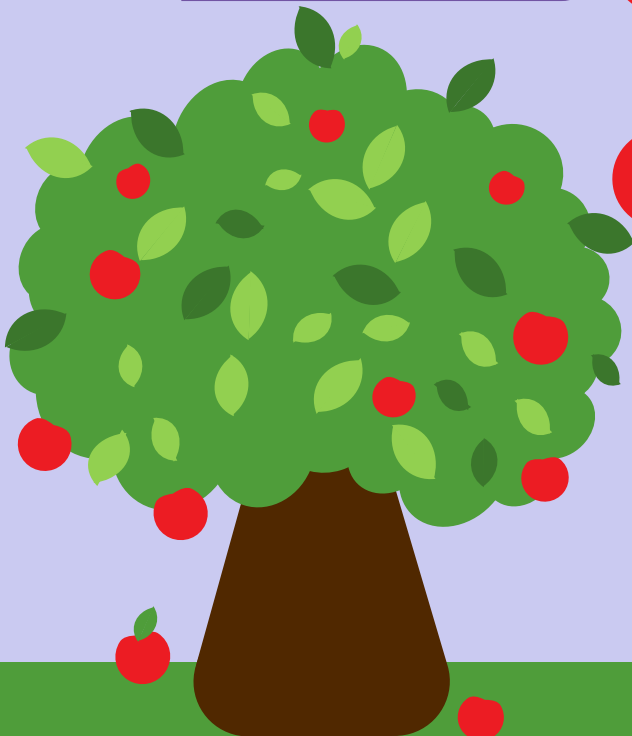
FREE Parent/Caregiver Workshop

LOCATION

In community spaces
all over Santa Clara

TIME

Mornings & afternoons
(Each class is 1.5 hours)



1

CLASS: 10 Steps to a Healthier You!

Strategies to create a healthier home

How to help children practice healthy habits such as
regular teeth brushing

2

CLASS: Structures and Routines

How to help your child get to bed on time more
peacefully

3

CLASS: 5 Keys to Raising Healthy Happy Eaters

Ways to help children be more comfortable with eating
vegetables

How to make meals healthier and happier for the whole
family

FREE CHILDCARE AT EACH CLASS!

www.healthierkidsfoundation.org