



Healthier Kids
Foundation

REGISTER!

Call us to find a free
class near you!

1-855-344-6347

10 STEPS TO A HEALTHIER YOU!

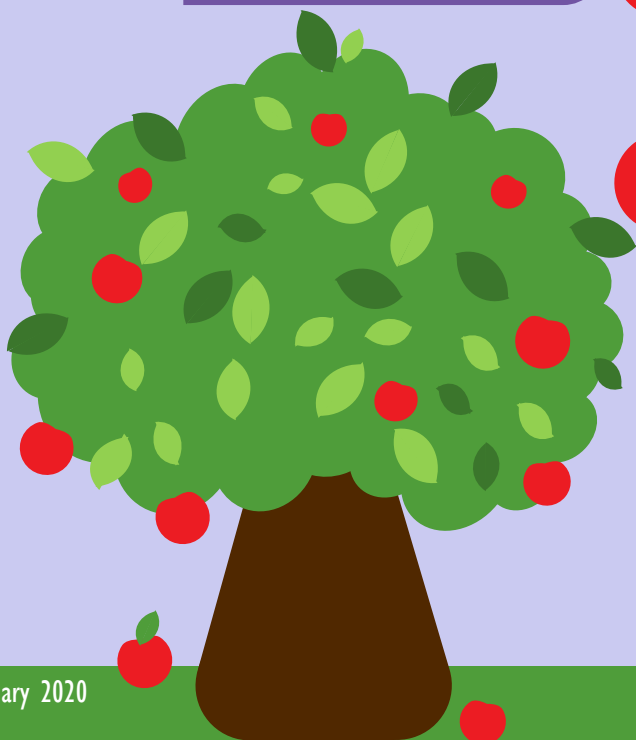
FREE Parent/Caregiver Workshop

LOCATION

In community spaces all
over **Santa Clara County**

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!

January 2020

www.healthierkidsfoundation.org



10 STEPS TO A HEALTHIER YOU!

FREE Workshop

3 Parent/Caregiver Classes

Contact us to offer our free 1.5 Hour Classes
(in Spanish or English)

Interested in hosting our classes?
See requirements below:

REQUIREMENTS

- 1 room to teach in
- 1 room for childcare, if childcare is needed
- 3 dates for the classes to take place
- Class Start time: between 8:00 AM & 6:30 PM
- A contact who will be at the site during the class
- An interest list of at least 15 people

For more information
call us at
1-855-344-6347
or e-mail us at 10steps@hkidsf.org