



Healthier Kids  
Foundation

# 10 Steps to a Healthier You!



## Contact Us

10steps@hkidsf.org  
www.hkidsf.org

## Free! Parent/Caregiver Workshop

### For:

- Parents/Caregivers
- Santa Clara County Residents

### Time:

- Morning or afternoon
- Online through Zoom

### Completion:

- Complete all 3 classes and receive a **\$25 Gift Card**

### CLASS: 10 Steps to a Healthier You!

1

- Strategies to create a healthier home environment.
- How to help children practice healthy habits such as regular teeth brushing.

### CLASS: Structure and Routines

2

- Establishing structures in the home specifically related to mealtime and bedtime routines.
- How to work together with children to establish and maintain a routine.

### CLASS: 5 Keys to Raising a Healthy Happy Eater

3

- Ways to help children become more comfortable eating vegetables.
- How to make meals healthier and happier for the whole family.

## REGISTER:

408-600-3818

Call to learn more or get  
help registering

