

Raising Healthy Children

Learn how to change your family's nutrition & physical activity routine to improve everyone's health.

The Lifestyle Triple P—Positive Parenting Program aims to help parents raise healthy children. During the 14 session course you will be provided with suggestions and ideas to encourage healthy eating and increase physical activity in your family.

Participating families who complete the course will receive a

\$150 Vons Card

to practice healthy family habits.



Wednesdays from 6pm—7:30pm

Starting September 27, 2017

@ First 5 Office

568 W. Line Street, Bishop

Children's activities & nutrition classes may be provided upon request.



For more information or to register contact

Barbara Keller, Prevention Specialist @

760-873-4159 or bkeller@inyocounty.us



****Brought to you by Inyo County Health & Human Services—
Public Health & Prevention Division****