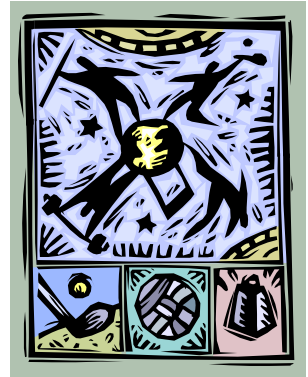


Moving Towards Healthy

A three session workshop helping families move towards a healthier lifestyle.



September 27th, October 4th & 11th : 5:30-6:30 PM

Limited to 20 families, these classes will examine:

- The impact of movement and exercise on the brain
- Eating habits and nutritional choices
- How to choose and implement lifestyle changes that will last over time

If you would like to attend, please fill out the following information to help us better plan each evening.

(This class is limited to the first 20 families to return this form)

Families receiving TANF funds qualify for a stipend after attending all three classes.

Questions? Contact Sarah Farrell 892-7735 ext. 522 or sfarrell@elc.rmps.k12.nm.us

I would like to attend “Moving Towards Healthy”.

Adult names: _____ Phone Number: _____

Children’s names and ages: _____ Teacher: _____

I would like this class to address: (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> children’s issues | <input type="checkbox"/> nutrition |
| <input type="checkbox"/> adult’s issues | <input type="checkbox"/> outdoor activities for the family |
| <input type="checkbox"/> picky eaters | <input type="checkbox"/> walking for fitness |
| <input type="checkbox"/> body weight | <input type="checkbox"/> how to start an exercise program |
| <input type="checkbox"/> body strength | <input type="checkbox"/> other: |
| <input type="checkbox"/> activity levels | _____ |
| <input type="checkbox"/> stopping smoking | _____ |
| <input type="checkbox"/> osteoporosis | |