Learn about Living Healthy

Aprenda como vivir Saludablemente

UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | UNIVERSITY OF MIAMI MILLER SCHOOL of MEDICINE

Hialeah HEALTHY Families
FAMILIAS SALUDABLES!

TUESDAYS FROM 5:00-6:30PM
MÁRTES DE 5:00-6:30PM
WILDE PARK ROOM 106
1701 WEST 53 TERRACE, 33012

March 6th, 2012 : Supermarket Foods

Healthy eating starts in the supermarket. Come join Dr. Patiño-Fernandez for an interactive presentation on how to make healthier food choices for you and your family at your local store.

La nutrición empieza en el supermercado. Vengan a una a presentación interactiva con la Dra. Patiño-Fernandez acerca de cómo escoger la comida más saludable para su familia en su mercado local.

March 13th, 2012 : Fruits & Vegetables

Does your little one run and hide at the sight of vegetables or fruits? Come join Dr. Pulgarón for some helpful tips on how to increase your family's consumption of fruits and vegetables to meet the daily requirements.

¿Tu hijo corre al ver vegetales o frutas en la mesa? Ven a reunirte con la Dra. Pulgarón para hablar acerca de cómo aumentar el consumo diario de frutas y vegetales para cumplir con los requisitos diarios.

March 20th, 2012 : Food & Kitchen Makeover

Cooking healthy meals is key to a healthy lifestyle. Come learn how a few small changes can make your favorite meals healthier but still taste delicious!

La clave de una vida sana es preparar comida saludable. ¡Aprenda cómo unos pequeños cambios en sus recetas favoritas resultan en platos deliciosos y saludables!

All caregivers are invited. Groups will be led by a child psychologist. Snacks, prizes, and childcare will be provided.

Todos que cuiden niños están invitados. Los grupos serán dirigidos por una psicóloga. Tendremos meriendas, regalos y supervision para los niños.

Familias Saludables
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(305) 243-4554

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