

Healthy Living, Your Way



Sea Saludable, a Su Manera



EVERY THURSDAY AT 4 PM
TODOS LOS JUEVES A LAS 4 PM
CENTRO MATER WALKER PARK
800 W 29 STREET, 33010
ROOM 4

Goal: Designed to teach parents about nutrition and physical activity for children ages 5—12 years old. Share important information, snacks, and prizes! Childcare will be provided.

Meta: Diseñado para enseñarles a padres con niños entre 5 a 12 años de edad, acerca de la nutrición y actividad física. Compartir información importante, meriendas y regalos.
Se ofrecerá supervisión para los niños.

Who?: All caregivers. Groups will be led by Dr. Patiño-Fernandez, Dr. Pulgarón and Dr. Villa from University of Miami.

¿Quién?: Todos que cuiden niños. Los grupos serán dirigidos por las Dras. Patiño-Fernandez, Pulgarón, y Villa de la Universidad de Miami.



- **Important facts about childhood obesity & health promotion: August 30th, 2012**
- **Portion size: September 6th, 2012**
- **Division of Responsibility: September 13th, 2012**
- **Physical Activity: September 20th, 2012**
- **Supermarket Foods: September 27th, 2012**
- **Fruits & Vegetables: October 4th, 2012**
- **Food & Kitchen Makeover: October 11th, 2012**
- **Eating Out: October 18th, 2012**
- **Whole Grains: October 25th, 2012**
- **Mindful Eating: November 1st, 2012**

Familias Saludables
Jueves 9am
8298 NW 103 Street Room 4
(305) 243-4554

Hialeah Healthy Families
Thursdays 4pm
8298 NW 103 Street Room 4
(305) 243-4554

Familias Saludables
Jueves 4pm
800 W 29 Street Room 4
(305) 243-4554

Hialeah Healthy Families
Thursdays 4pm
800 W 29 Street Room 4
(305) 243-4554

Familias Saludables
Jueves 4pm
800 W 29 Street Room 4
(305) 243-4554

Hialeah Healthy Families
Thursdays 4pm
800 W 29 Street Room 4
(305) 243-4554

Familias Saludables
Jueves 4pm
800 W 29 Street Room 4
(305) 243-4554

Hialeah Healthy Families
Thursdays 4pm
800 W 29 Street Room 4
(305) 243-4554