¡Get Started Now!

5 Servings of fruits and vegetables a day.

2 Hours or less of TV, computer, and video games per day.

1 One hour or more of exercise per day.

0 No fast food, soda, or sweetened beverages.

Protect your family’s health and your child’s life.

Call 510-535-3700 to enroll

You can make a difference in your child’s health

La Clínica de La Raza
3451 E. 12th St.
Oakland, CA 94601

Preventive Medicine
(510) 535-3700

Project partially funded by:
Kaiser Permanente Community Benefit Program
United Way of the Bay Area

Healthy Families

A workshop for parents and children on healthy eating.

La Clínica de La Raza Transit Village

La Clínica Monument

La Clínica Pittsburg
Is it true?

Does your child...

▪ refuse vegetables?
▪ eat too much?
▪ skip meals?
▪ like only fast food?
▪ spend too much time watching TV and playing video games?

If you answered “yes” to any of the above questions, we have the class for you!

Is being overweight a problem?

The number of children who weigh more than they should has doubled in the last 20 years. This is becoming a serious health problem. Overweight can cause:

▪ Diabetes
▪ Heart problems due to high cholesterol and high blood pressure
▪ Fatty liver
▪ Joint and bone problems
▪ Asthma
▪ Trouble breathing while sleeping
▪ Low self esteem
▪ Less desire to play
▪ Teasing by other children

Protect your children from developing these problems.

You can help your child to be healthy. How? By having a healthy weight.

It’s in your hands as parents.

What can you do about it?

Join a 6-week free class series in which you will learn:

1. Communication styles that promote healthy eating and physical activity.
2. How to feed your child.
3. How to set a good example.
4. How to change unhealthy behaviors by setting expectations.
5. The importance of eating as a family.