



¡Get Started Now!

 **5** Servings of fruits and vegetables a day.

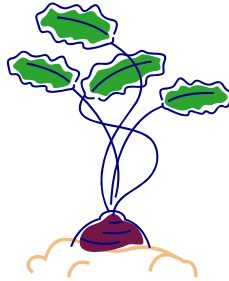
 **2** Hours or less of TV, computer, and video games per day.

 **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.

