

KidShape[®] 2.0

Families Making Healthy Choices Together
Enjoy a healthy meal before each class as a family prepared by dietician!

KidShape 2.0

Fun family activities to improve healthy choices.

- 1 evening a week for 8 weeks
- 2 hour class
- Students 6-12 years old and their families.
- KidShape staff are certified professionals

Eat Well

Family nutrition

- Portion sizes
- Meal plans
- Snack swaps
- Try new foods & recipes

Parent Nutrition

- Increasing palate preferences
- Address picky eating
- Label reading

Move More

- Family fun
- Build lifelong active skills
- 30 minutes fun active games

Be Happy

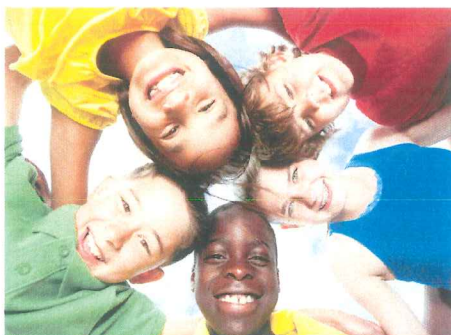
- Keep motivated
- Reduce stress
- Build confidence
- Stop teasing
- Set boundaries
- Improve sleep

Fall 2018

Bristol Borough School District
Snyder-Girotti Elementary School
450 Beaver Street | Bristol, PA 19007
Wednesdays: 6:00 p.m. - 8:30 p.m.
October 24 - December 19, 2018.

Reserve your spot today!
Space is limited!

No Fee for Students
in Bristol Borough SD



REGISTER ONLINE
www.StMaryHealthcare.org/kidshape
www.facebook.com/familieslivingwellstmary

OR CONTACT
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Families Living Well
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\$50 family fee
Scholarships available