

MAKE A FAMILY HEALTHY LIFESTYLE CHANGE!



The **Building Healthy Families** program includes 12-weekly sessions. The sessions will inspire your family to take action in life-long healthy eating and physical activity behaviors.

This **FREE** program is designed for families with a child, 6-12 years old, with excessive body weight. Siblings, regardless of age, are encourage to attend.

Start Date: **Monday, February 23, 2026**
Charles County Department of Health
4545 Crain Highway
White Plains, MD 20695

Scan below to complete the **Information Form**.



For assistance call
301-609-6780



**TAILORED FAMILY
WELLNESS COACHING**

NUTRITION

FAMILY FUN ACTIVITIES

MOTIVATION



Registration is required