

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 encouraged to attend.

Start Date: **Thursday, April 30, 2026**

Charles County Department of Health
4545 Crain Highway
White Plains, MD 20695



TAILORED FAMILY WELLNESS COACHING

NUTRITION

FAMILY FUN ACTIVITIES

MOTIVATION



Scan to Complete
the Information Form

For assistance call
301-609-6780



Registration is required