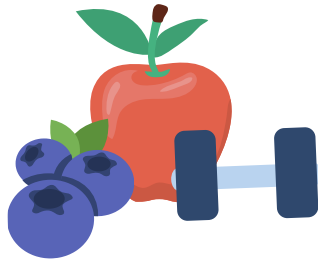


# Healthy LifeStars At Home

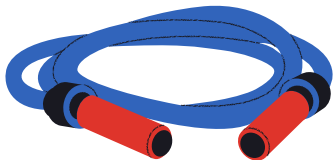
Online, FREE,  
interactive program  
for families to  
complete together.



Includes fun  
games, recipes,  
videos, activities,  
and more!



Enjoy activities  
about nutrition,  
physical activity  
and goal setting!



## What is HLS At Home?

- ★ 6 week program with 2 sessions a week, but families can complete at their own pace
- ★ Every week, the **first session includes** a video lesson, 30 minutes of physical activity, and more to prepare for the week
- ★ Every week, the **second session includes**, multiple fun worksheets and activities, time to cook a healthy recipe, and more
- ★ Materials to create and track **healthy habits** as a family each week are also included

## Get 3 free 10-12 lbs boxes of produce!

Now until **June 24th, 2024**, get 3 free 10-12 lbs boxes of produce when you participate in the program!\*



### Contact:

Renee Allard - CHP Hub Navigator

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**Phone:** 515.635.1285

**or use the QR Code!**

\*Produce offer available primarily for participants in Polk, Dallas, and Warren counties, but all Iowans are encouraged to apply. Food funded by United Way of Central Iowa.