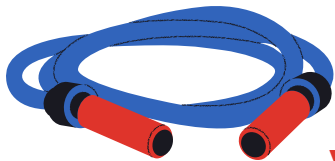
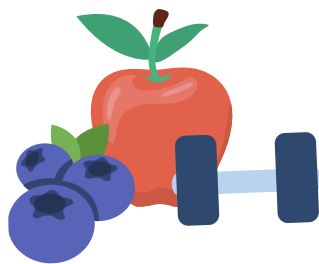


Online, FREE, interactive program for families to complete together.



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

Is your family interested?

Sign up today using this QR code!



Questions?

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