Presented by:

Harris County Public Health

Get healthy and active with We Can!™

Harris County Public Health (HCPH) is bringing We Can!™ - a weight management and education program - to your community.

Learn about:

- Choosing healthy foods,
- Increasing physical activity, and
- Reducing childhood obesity.

Healthy SNACKS for kids and PRIZES for parents!

Classes once a week, for 4 weeks

Locations throughout Harris County

To Register:

Call: 713-439-6082
OR Email: eatwellbewell@hcphtx.org

713-439-6000 www.hcphtx.org

*“We Can! Ways to Enhance Children’s Activity & Nutrition, We Can!” and We Can!’ logos are trademarks of the U.S. Department of Health & Human Services (DHHS). Participation by HCPH does not imply endorsement by DHHS/NIH/NHLBI.*