



Presented by:



Harris County  
**Public Health**  
Building a Healthy Community

www.hcphtx.org

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@hcphe.org**

713-439-6000 www.hcphtx.org    

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