



HEALTHY LIVING VIRTUAL

WHAT: Healthy Living is a 6 class program provided by LAHC that teaches children how to be physically active, how to choose healthy foods and why these healthy behaviors are important. Topics include:

- *Hand washing
- *Fruits & veggies
- *Snacking
- *Physical activity
- *Where your food comes from

WHERE: Your child's GSRP classroom

WHY: To instill healthy habits early in life so they will be carried on throughout adulthood.

WHEN: Throughout the 20-21 school year, over the course of 6 classes.

Please be on the lookout for any behavior changes you notice in your child in regards to his/her eating habits. At the conclusion of our program we will have a brief survey for you to complete. We look forward to working with your child to empower him/her to lead a healthier lifestyle.



Please contact Marci Mahsney, Healthy Living Program Manager with any questions @
313-254-2660



This institution is an equal opportunity provider