



For Parents of 6-14 Year Olds



Ways to Enhance Children's Activity & Nutrition

Things have changed since we were kids. We could all use a hand helping our kids eat better and move more. Come learn practical tools that really work in a fun and friendly atmosphere.

We Can! is FREE for 6 Weeks and offers:

- Cooking demos for quick snacks & meals that kids will love to eat.
- Fun Incentives and materials to keep everyone making healthy choices.
- Series led by the "Cooking with Lizzie" nutrition education team.

### Children's Water Aerobics & Parent Wellness Classes

Monday nights : 7:15pm - 8:15pm  
 September 8th - October 20th  
 World of Swim  
 103 Victoria North Court  
 Woodstock, GA 30189  
 Tel: (678) 445-7323



The Center Helping Obesity In Children End Successfully, Inc.  
 Sponsored by:  
 The Aetna Foundation

To register call: (678) 819-3663  
 Or go online: [www.ChoicesForKids.org](http://www.ChoicesForKids.org)



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