

Healthy Family Habits: Eat, Play, Grow

KAISER PERMANENTE • SAN FRANCISCO • DEPARTMENT OF PEDIATRICS



2019 Dates

Geary Campus:

Wednesdays,

1/16, 3/20, 5/15, 7/17, 9/18, 11/20

Mission Bay Campus:

Thursdays,

2/21, 4/18, 6/20, 8/15, 10/17, 12/19

Eat, Play, Grow

This class aims to empower you and your family to learn tools for healthy eating, physical activity, sleep, and reducing screen time. Parents will learn about their role in helping implement healthy lifestyles for the whole family. You will also walk away with an action plan for the whole family.

Offered monthly. Alternates between Geary and Mission Bay locations.

How to register:

The class is for families with children between the ages of *4 to 18 years. All family members are encourage to attend. Families interested in enrolling can call the Pediatric Clinical Health Educators at 415-833-4151 or 628-242-6362.

Cost: No Fee. Members only.

*We recommend Feeding Your Toddler class offered through Health Education Department for toddlers, age 1-3 years. To register, call 415-833-3450.