



# KIDS THRIVE

## SIGN UP TODAY!

### DATE:

Either Wednesday or Saturday  
February 4, 2015 – May 2, 2015

### TIME:

Wednesday 2/4/15 - 4/29/15

6:15 pm - 8:45 pm

OR

Saturday 2/7/15 - 5/2/15

10:00 am - 12:30 pm

### LOCATION:

FLIPANY at  
Kids In Distress Campus  
819 NE 26<sup>th</sup> Street  
Wilton Manors, FL 33305

### COST:

Free to those who qualify  
or \$5 to \$30 per session.

**Includes a family style meal  
each session.**



### FOR MORE INFORMATION:

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www.FLIPANY.org

www.facebook.com/FLIPANY

## HEALTHY KIDS BROWARD

### FLIPANY KIDS THRIVE<sup>®</sup> PROGRAM

KIDS THRIVE is a 12-week series of classes designed for families of children ages 10-13. Parents and children will learn to cook healthy snacks and meals, engage in physical activity and make fun, healthy lifestyle choices in order to prevent pediatric obesity and diabetes.

Using evidence-based curriculum to teach essential skills for behavior change, FLIPANY's professional staff of Registered Dietitians, Culinary Instructors, Physical Fitness Experts and Health Counselors work with parents and children to help them learn, create and maintain a healthy life!

### KIDS WILL

- Increase their knowledge of healthy eating
- Improve their confidence and skills to prepare healthy meals and snacks
- Receive motivational tips on how to keep physically active
- Change behaviors associated with chronic disease

### PARENTS WILL:

- Learn about environmental factors that affect their child's health and well being
- Receive motivational tips to inspire their family to stay on a healthy path
- Receive ongoing behavioral and educational support to guide your family

### ELIGIBILITY

- Your child has been classified as overweight; (85<sup>th</sup> -95<sup>th</sup> BMI percentile) by his/her pediatrician
- Your child is between 10 and 13 years old
- Families are able to commit to at least 10 sessions
- Motivated to lead a healthy lifestyle
- Refer to [www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight) for BMI calculator

### Information Session at FLIPANY 1/27/15 6:00p - 8:30p

### BROUGHT TO YOU BY

