

HEALTHY LIFESTYLE & NUTRITION PROGRAM

TOPICS

1. Healthy Lifestyle
2. Nutrition Education
3. Smart Shopping
4. Physical Activity

REGISTER

www.bit.ly/eatplaygo1



EAT PLAY GO!

PROGRAM DETAILS

- Four, 2 hour family group sessions once a week
- 15 minute booster calls after the 4 week program
- Weekly motivational text messages
- Participate in survey and measurements data collection:
 - Before starting the program
 - On the last day of the 4 week program, and
 - At 3 months
- Up to \$75 in gift cards for each child, upon completion of data collections

ELIGIBILITY

- **Parents**
 - Self-identify as Hispanic/Latino
 - Be 18 years or older
 - Parent of a child between 10-13 years old
 - Resident of Long Beach
 - Be fully vaccinated for COVID-19
- **Children**
 - Self-identify as Hispanic/Latino
 - Between 10-13 years old
 - Resident of Long Beach



LONG BEACH STATE UNIVERSITY
CENTER FOR LATINO
COMMUNITY HEALTH
EVALUATION & LEADERSHIP TRAINING

MORE INFO

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