

# Help Your Child Lose Weight & Have FUN!



## Lifestyle Education And Food Class

Ages 8-12

**NEXT CLASS TO BE ANNOUNCED**

### What can do for you !

- Have more energy
- Make healthier decisions
- Try new foods
- Get Active
- Manage Stress
- Make New Friends
- Create mindful eating habits
- Sleep better
- Learn Exercises

This initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit [www.smw.edu/wellness](http://www.smw.edu/wellness)

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