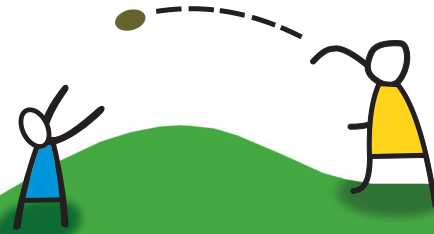




Healthy Family Home

A community partnership with the YMCA



Healthy Habit	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play Every Day	Eat breakfast 7 days per week						
Eat Healthy	Play outside 30 minutes Monday-Friday						
Family Time	Family dinner Wednesday						



• Play Every Day



• Eat Healthy



• Family Time