



# Healthy Families

## Looking for help to get your family healthy this year?

Trinity Health Healthy Families Program is for children, teens (ages 6 -18) and their parents. You will learn how healthy eating, an active lifestyle and effective communication promote good habits and family unity.

Virtual and in-person individual consultations with the dietitian, exercise specialist and behavior specialist are also available by appointment.

Register today!



**8 week evening classes offered year round**

**Winter, Spring, Summer and Fall**

**Virtual and In-Person**

**Ann Arbor  
Brighton  
Canton**



For more information, email or call: [shapedown@trinity-health.org](mailto:shapedown@trinity-health.org) | 734-712-5694