

Healthy Living H.E.A.L. Program

Hosted by
NAM's Pediatric
Health Center

Healthy
Eating

Physical
Activity

Stress
Management

Sleep

Give your child a unique opportunity to
learn, grow, and be healthy
through hands-on HEAL activities!

FREE HEAL COURSES FOR AGES 6-17

The HEAL Program consists of
4 group sessions, held on
Saturday, May 11 (Nutrition & Sleep) and
18 (Physical Activity & Stress Management)
at 11:30 a.m.

Register now - space is limited!



Northwest Assistance Ministries
15555 Kuykendahl Rd • Houston, TX 77090

Contact Carol Hines-Allen, Healthy Living Case Manager
at 281-885-4542

PROUD SPONSOR
SWN
Southwestern Energy®

Programa de Vida Sana H.E.A.L.

Presentado por el
Centro Pediátrico
de NAM

Nutrición
saludable

Actividad
Física

Manejo
del
estrés

Sueño

Déle a su hijo la oportunidad de
aprender y crecer saludable
a través de las actividades de HEAL!

Cursos de HEAL gratuitos para edades 6-17

El programa HEAL consiste de 4 cursos:
Sabado, 11 (Nutrición y Sueno) y
18 (Actividad Física y Manejo del Estres)
de mayo a las 11:30 a.m.

¡Regístrese ahora – espacio es limitado!



Northwest Assistance Ministries
15555 Kuykendahl Rd • Houston, TX 77090

Contacte a Carol Hines-Allen, Healthy Living Case Manager
at 281-885-4542

