

Healthy Living **H.E.A.L.** Program

Hosted by
NAM's Pediatric
Health Center

Healthy
Eating

Physical
Activity

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

Stress
Management

FREE HEAL COURSES FOR AGES 6-17

The HEAL Program consists of
4 group sessions, held on
Saturday, June 8 (Nutrition), 15 (Martial Arts),
22 (Stress Management), and 29 (Sleep) at 11:30 a.m.

Sleep

Register now!



Northwest Assistance Ministries
15555 Kuykendahl Rd • Houston, TX 77090

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

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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, 8 (Nutrición), 15 (Artes Marciales),
22 (Manejo del Estres), y 29 (Sueño)
de junio a las 11:30 a.m.

¡Regístrese ahora!