

H.E.L.P. is free program for any family in the area who has a child who is overweight.

To enroll in this FREE workshop:

1. Call (213) 765. 4096
2. Be referred by a Healthcare Specialist
3. Set-up an appointment to meet with the H.E.L.P. Staff.

Eat breakfast! Run, jump, play, keep yourself active, have fun!

When you and your family are ready to make some healthy changes, we are here to H.E.L.P. you.

You must register to attend this workshop.



**Hope Street Family Center
Healthy Eating Lifestyle Program**

1600 S. Hope Street
Los Angeles, Ca. 90015
(213) 765-4096
Fax (213) 765-4093



**Healthy Eating
Lifestyle Program**

**Is a free workshop
for the whole family**

