Childhood Obesity Awareness Month

Help Your Child to Be Active

- Lead by example
- Replace screen time with physical activities
- Look for enjoyable family activities
- Be supportive
- Create a routine
- Set goals
- Make it fun!

Healthy Eating Tips

- Cook more meals at home
- Limit portion sizes
- Drink water
- Have regular family meals
- Choose healthy snacks
- Get your children involved

Upcoming Event:
Fun in the Sun Walk!

FREE TUBING & ICE SKATING PASSES!

Saturday, September 26, 2015
10:00 a.m. - 1:00 p.m.
Open to All Ages!
Wilson Park, 2605 Clover Road, Mishawaka

Partnering with
Mishawaka Parks Department

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