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FAMILY PROGRAM


WHAT IS GOAL?

GOAL is a free health education and coaching program for families with kids ages 7-17. It is an opportunity for families to come together and learn about healthy eating, physical activity, and building healthy habits. In the weekly sessions, families will participate in group discussions, hands-on demonstrations, activities, and games. At least one parent, guardian, or adult family member will need to attend with their child each week. Child care will be provided to kids under 7.


WHAT WILL WE LEARN ABOUT?

- Balanced eating
- Label reading
- The importance of sleep
- Goal setting
- Setting yourself up for success
- Physical activity education and habits
- Enjoying physical activity
- A lot more!

WHEN:

 Tuesday nights

 6:00-7:30pm

 March 11 - May 13

WHERE:


Dubois County Health Department


1187 S. St. Charles Street
Jasper, IN 47546

QUESTIONS:

Please contact the local GOAL program coordinator for more information!

Mary Puckett

 mrpuckett@duboiscountyin.org

 812-481-7050