



## FAMILY PROGRAM

CHECK OUT OUR WEBSITE  
FOR MORE INFORMATION!

### 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:



Monday nights



6:00-7:30pm



February 24 - April 28

### WHERE:

**Banneker Community Center**

930 W. 7th Street  
Bloomington, IN 47404

### QUESTIONS:

Please contact the local GOAL program coordinator for more information! The registration deadline is February 19.

**Shelby Drake**



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