

# KidShape<sup>®</sup> 2.0

**Families Making Healthy Choices Together**  
Enjoy a healthy meal before each class as a family prepared by dietician!

## KidShape 2.0

**Fun family activities to improve healthy choices.**

- 1 evening a week for 8 weeks
- 2 hour class
- Students 6-12 years old and their families.
- One student must be in the 85% or higher for their BMI.
- Locations available in 10 school districts
- KidShape staff are certified professionals

### Eat Well

#### Family nutrition

- Portion sizes
- Meal plans
- Snack swaps
- Try new foods & recipes

#### Parent Nutrition

- Increasing palate preferences
- Address picky eating
- Label reading

### Move More

- Family fun
- Build lifelong active skills
- 30 minutes fun active games

### Be Happy

- Keep motivated
- Reduce stress
- Build confidence
- Stop teasing
- Set boundaries
- Improve sleep

## Spring Sites 2019

### Bristol Township School District Mill Creek Elementary School

6501 Mill Creek Rd. | Levittown, PA 19057  
6:00 p.m. - 8:15 p.m.  
Thursdays: April 4th - May 30th

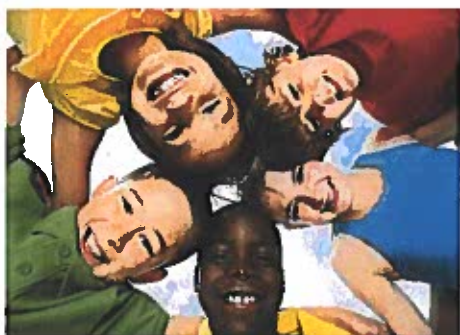
### Neshaminy School District Tawanka Elementary School

2055 Brownsville Road | Feasterville/Treose, PA 19053  
6:00 p.m. - 8:15 p.m.  
Wednesdays: April 3rd - May 29th

**Register today to reserve a program spot!**  
**Space is limited!**

#### DISCLAIMER

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**REGISTER ONLINE**  
[www.StMaryHealthcare.org/kidshape](http://www.StMaryHealthcare.org/kidshape)  
[www.facebook.com/familieslivingwellstmary](https://www.facebook.com/familieslivingwellstmary)

**OR CONTACT**  
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\$50 family fee  
Scholarships available