

Would you put 11 sugars in your coffee?

That's what's
hiding in your kid's
favorite soft drinks.



Keeping kids healthy is hard, but we'll show you how **small** changes (like drinking sugar-free drinks) can make a **big** difference.



Find easy ways to make your daily habits healthier



Share tips and challenges with other parents



Learn things you never knew about food



Join **HEALTHY TOGETHER**[™]
powered by **MEND**, for a
healthier, happier family

Children ages 6-13 and their families can join the program, which consists of 10 one-hour sessions.

Is **YOUR CHILD** A **HEALTHY** weight?

Lots of parents don't realize their child is overweight – but 1 in 3 kids are (that's roughly 10 in every class).

To find out more: