

# MEADVILLE COOPERATIVE PRESCHOOL HEART HEALTHY FAMILIES FAMILY NIGHT

Wednesday, February 26

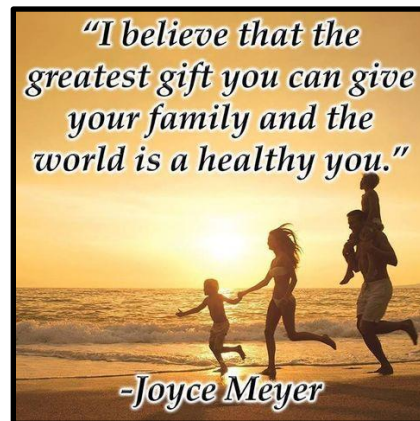
5:30-6:30 or 6:30-7:30

**WEAR RED!**



Heart Healthy Activities for the whole family:

- \*Food tasting
- \*Healthy Bodies
- \*Yoga and Mindfulness
- \*Caring Connections
- \*Exercise
- \*Stress Relief
- \*Mental Health
- \*Recipe sharing
- \*Healthy Snack Ideas
- \*Family Photo Booth



IF YOU DIDN'T GROW UP IN  
A HEALTHY FAMILY, START  
THIS YEAR BY MAKING  
SURE THAT A HEALTHY  
FAMILY COMES FROM YOU,  
**ONE STEP AT A TIME.**

happy  
healthy  
parents  
*make*  
happy  
healthy  
children.  
-Dr. Miriam Stoppard