

Gain Support!



Learn Your Labels!



Enjoy Time in the Sun!



Community Health Advance

2201 Estancia NW

Albuquerque, NM 87120

Phone #: 505-272-5687 (UNMH)

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[contact@nmcommunityhealth.org](mailto:contact@nmcommunityhealth.org)

[www.nmcommunityhealth.org](http://www.nmcommunityhealth.org)

HRRC# 14-208 A research project designed to determine if the program will make a difference in lifestyle habits. 12/01/14



Eat Smart!

Be Active!

A 9 week program to help families make healthy food and activity choices



Live Fit Family Challenge

**Meets weekly for 2 hours**

### Weekly Topics

- My Plate
- Go, Slow, Whoa Foods
- Kids Cooking
- Mindful Eating
- Label Reading
- Eating on a Budget
- Portion Control
- Screen Time
- Family Meals
- Fun, Physical Activity -- Backyard games, Dance, Yoga, and More!



**Join the Live Fit Family  
Challenge Today!**

**3 EASY ways to  
REGISTER today!**

Phone: 505-272-5687 UNMH Program Office

Online: [www.nmcommunityhealth.org](http://www.nmcommunityhealth.org)

Mail: Community Health Advance

2201 Estancia NW

Albuquerque, NM 87120

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Programs offered twice a year.

For Upcoming Program Information,  
Call: 505-272-5687 Fax: 505-272-2046  
or visit our website @  
[www.nmcommunityhealth.org](http://www.nmcommunityhealth.org)

Please wear  
comfortable clothes  
and shoes you can  
be active in

Measurements are taken as  
a way to track and celebrate  
your progress.

