



**A 9-week interactive program to help families make healthy food and activity choices.**

**First day of the program will be  
January 13<sup>th</sup>, 2015 at 5:30p.m.**

***Los Duranes Community Center  
2920 Leopoldo Rd NW, Albuquerque, NM 87104  
Just north of I-40 and West of Rio Grande Blvd.***

**Register Today!**

**3 EASY Ways**

**No Cost to you!**

- 1. Phone: 505-272-5687    Fax: 505-272-2046**
- 2. Email: [contact@nmcommunityhealth.org](mailto:contact@nmcommunityhealth.org)**
- 3. Mail:        Community Health Advance  
                 2201 Estancia NW  
                 Albuquerque, NM 87120**

Families are asked to commit to the entire 9 week program.  
Measurements are taken as a way to track and celebrate your progress.

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