



LAHC
LEADERS ADVANCING & HELPING COMMUNITIES



HEALTHY LIVING AT HOME

Spring 2020

Dear Families,

The **LAHC** hopes that all families are staying safe and remaining healthy during these challenging times. Our team is working hard to provide creative channels to ensure our families are continuing to receive our healthy living resources. Our goals are to link you with resources that will help support and encourage a healthy lifestyle for you and your children. We will continue to provide information on social media as well as direct resources that will include the following healthy tips:

Physical Activity

- Live Workout Classes
- Fun Home Activities

Healthy Eating

- Nutrition Tip Sheets
- Food Demo Videos
- Healthy Recipes

Social Media Posts

- Weekly Updates
- Fun & Interactive Themes

Enthusiastically,

The LAHC Healthy Living Team



For more information please follow @LAHC

