



Does your child
struggle to...

- Choose nutritious foods?
- Be physically active?
- Maintain a healthy weight?

Sign Up!

KIDS **NI** FITNESS

What is KNF?

- **What:** Healthy Lifestyle Nutrition Classes
- **How many:** Six weekly 1.5-Hour Sessions
- **Who:** 8- to 16-Year-Olds
- **When:** Call to find out
- **Where:** Children's Hospital Los Angeles
 - at Sunset Blvd & Vermont Ave in Hollywood
- **Cost:** Free!

What do our classes include?

- Nutrition lessons
- Healthy snacks
- Support lessons
- Goal-setting
- Physical activities
- Family interaction

For more information or to register, contact us at
(323) 361-8245 or bmanzanarez@chla.usc.edu