

HEALTHY KIDS AT HOME

The Healthy Kids at Home program is a virtual program that offers learning resources on a variety of topics, such as:

- Healthy Eating
- Screen-Time Reduction Strategies
- Water and Sun Safety Information
- Communication Skills
- Positive Self-Esteem
- and More!

Printable handouts are provided that offer health information, journaling prompts, fitness activities, art and science projects, and easy recipes for the whole family.



For more information, visit HealthyStPeteFL.com.



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