

# HEALTHY HABITS HAPPY HOMES

A childhood health program by COPE Program on Navajo Nation

FAMILIES WHO MAKE HEALTHY  
CHANGES EARLY IN LIFE CAN  
HELP THEIR KIDS TO GROW UP  
HAPPY, HEALTHY, AND STRONG!



**COPE**  
Community Outreach &  
Patient Empowerment

Inviting families with  
children ages 3 to 6 to join:  
**HAPPY HOMES!**

-  Fun, hands-on activities as a family!
-  Delicious food demos!
-  New, healthy take-home recipes!
-  Learn as a team in monthly gatherings!



## What is **HAPPY HOMES?**

### Learning focuses on...

-  Healthy Eating
-  Physical Activity
-  Screen Time
-  Sleep Routines
-  Healthy Shopping
-  Gardening
-  Dental Health
-  Family Time

*Happy Homes* is an evidence based program, adapted to Navajo Nation, to help families start healthy habits with their pre-school aged kids.

Caregivers and children learn together how to live healthier, happier lives. *Happy Homes* is taught in 6 sessions. At every meeting, families are introduced to new routines and healthy recipes to try together.

INTERESTED IN JOINING THE FUN?

**Call Today! Phone Number:**

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