

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!**



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

- 🍏 Free of charge!
- 🍏 Fun, hands-on activities as a family!
- 🍏 Delicious food demonstrations!
- 🍏 New, healthy take-home recipes!
- 🍏 Learn as a team in monthly gatherings!



What is **HAPPY HOMES**?

Learning focuses on...

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

The goal of *Happy Homes* is to improve child health on Navajo Nation. *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:
