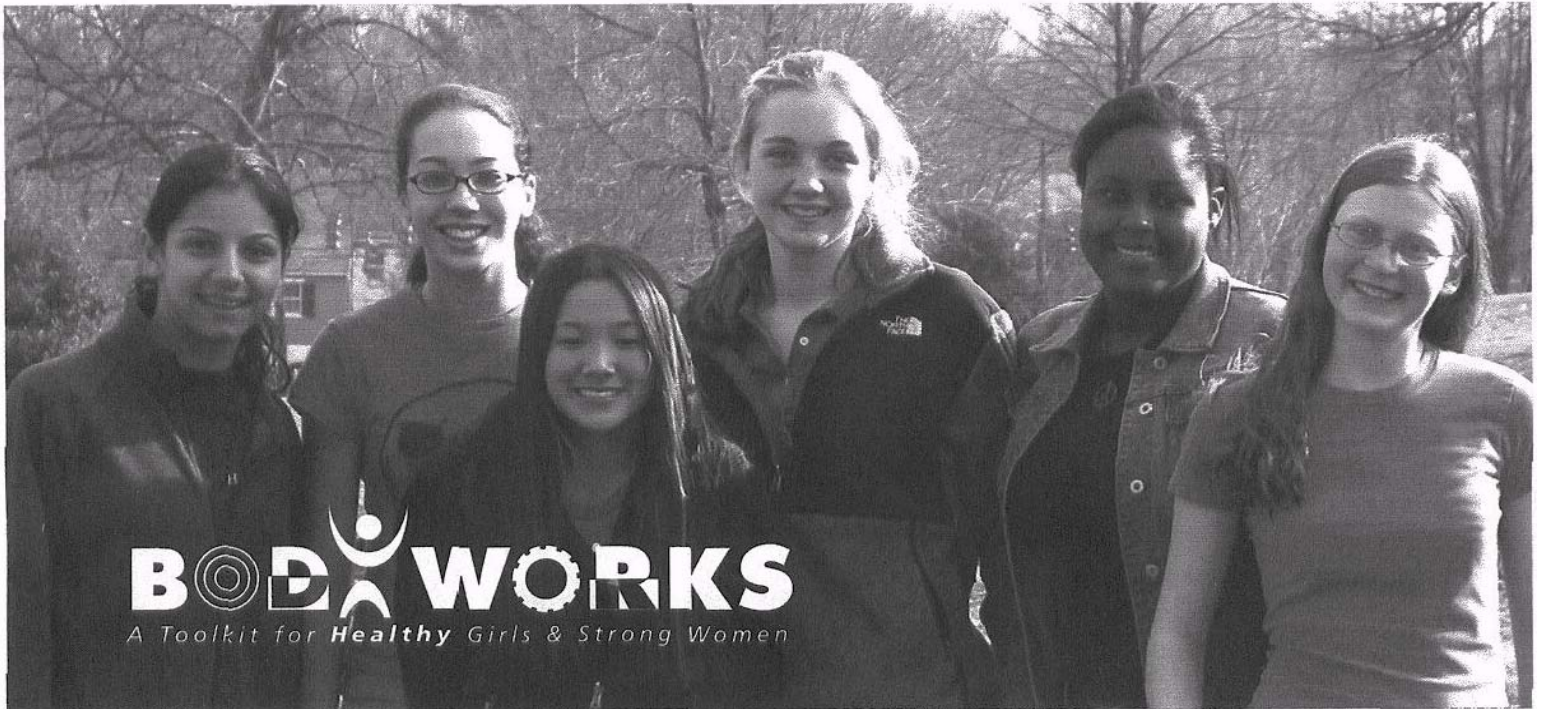


SPRING 2008! HEALTHY GIRLS BECOME STRONG WOMEN!

Meet with other parents and caregivers of girls, ages 9 to 13, to get advice and free healthy food and tools to help your family live healthier!



For more information on a BodyWorks Program in Ulster County contact:

The Community Heart Health Coalition of Ulster County:

(845)-331-3131 ext 3252 or lmozian@kingstonhospital.org

Or fill in the form on the reverse side and return by email or to: The Community Heart Health Coalition of Ulster County, 396 Broadway, Kingston, New York 12401



BODYWORKS
*A Toolkit for **Healthy** Girls & Strong Women*

BodyWorks: an obesity prevention program for healthy girls and strong women developed by The Office on Women's Health, U.S Department of Health and Human Services to help parents and caregivers of adolescent girls evaluate and improve family eating and exercise habits. Through facilitated workshops parents and caregivers will learn how to recognize current healthy practices and build upon them to create change for their families that includes the adoption of healthy eating habits and breaking down the barriers that keep people from engaging in physical activity while recognizing the impact that the environment and media have on their choices.

Registrants receive a free toolkit that provides information, tools and strategies. **BodyWorks** is being offered at The Kingston Hospital, Education Center, 394 Hasbrouck Avenue, Kingston, New York , 5:15 PM-7:15 PM for eight weeks beginning Tuesday April 1 in Kingston, New York. The program is free of charge but a refundable \$20 deposit is required at the time registration that will be returned upon completion of the program. The adolescent girls will be invited to attend selected programs.

To register submit the following with a \$20 check made payable to The Community Heart Health Coalition of Ulster County:

Name of parent:	Name of adolescent girl/age
Address	
Phone Number Day/Evening	
Email address	