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!

- 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: