



Take conflict off the menu

LIFESTYLE COACHING FOR GROWING UP HEALTHY

- Learn proven strategies for coping with difficult eaters.
- Make mealtime more pleasant and rewarding.
- Get inspiration, support, and resources for healthy eating.

Healthy Futures

An interactive webinar led by a registered dietician and a health coach

Fee: Free for Kaiser Permanente parents/guardians of children ages 2–12

Preregistration required: To register, call 503-286-6816 or 1-866-301-3866 (toll free), option 2. Or email HealthCoach@kp.org with your child's health record number, parent's name, preferred phone number, and date you want to participate. Space is limited.