



L.A. Care.



Community Resource Center

blue
california

Promise Health Plan

Healthy lifestyle program for children and families

A 3-session program for parents and children. Learn how to make healthy food choices and be more active.



Who should attend?

- » Parents or caregivers of children 5 years and older.

What will you learn?

- » How to plan healthy and balanced meals.
- » Why it's important to plan before buying food.
- » How to read food labels.
- » How eating habits change as you grow.
- » Fun and exciting games and physical activities.



Sign up now by calling:

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities. Blue Shield Promise is an independent licensee of the Blue Shield Association.