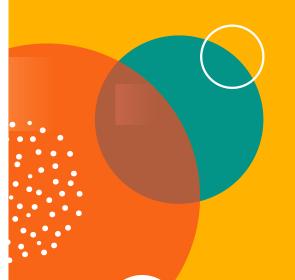
JOIN THE CENTER FOR FAMILY OUTREACH FOR OUR NEW PROGRAM

RAISE
FAMILIES
FOR
HEALTH

A GROUP FOCUSED ON
CREATING HEALTHY
BEHAVIORS FOR YOURSELF
AND YOUR FAMILY





VIRTUAL GROUP VIA ZOOM 5:30-6:30PM MONDAYS OR 12-1:15PM THURSDAYS FOR 5 WEEKS STARTING APRIL 19TH FORT COLLINS AND LOVELAND

TOPICS INCLUDE: COPING WITH STRESS, HEALTHY EATING AND SLEEP, AND ACTIVE FAMILIES.

Pre-register at www.tcffo.org