

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