



LittleSteps4Health

Need to make a change with what your family eats or how active you are but don't know where to start? Don't have time to attend a class?

Join LittleSteps4Health, our FREE 6-week at-home program to help families develop healthier habits and address common challenges to getting your kids to eat healthy and move more.

LittleSteps4Health includes:

- Self-paced program in your own home
- Solutions for healthy eating
- Guidance for easy activities to keep the entire family healthy
- Help dealing with picky eating and COVID-19 inactivity and weight gain
- Online support group for program parents available that connects with EVMS faculty/pediatricians
- Quick once a week 10-minute check in with our staff via phone, zoom or email

EVMS
Eastern Virginia Medical School

Scan this QR Code to register for the free 6-week at-home program.



Or register at: https://evms.co1.qualtrics.com/jfe/form/SV_9NRguyyXPmkK1rE

For more information call **757.446.6039** or email cinch@evms.edu.