

Brenner FIT® Academy: For Families



Being healthy in an unhealthy world is a challenge. If you are concerned about your child's weight or health, we are here to help!

Brenner FIT Academy: For Families is offering a 12-week course for your family. This FREE program will be held virtually for one hour each week.

Our mission is to help your family enjoy cooking, eating, and playing.

During this program, you will learn:

- Ways to prepare affordable meals at home through cooking demonstrations
- How to raise kids who feel good about eating and their bodies
- Fun ways to be active together as a family in a world filled with screens

Join today to lead your family toward habit changes that will last a lifetime.

Registration is required to ensure availability.

Ways to learn more and register:

[www.brennerchildrens.org/
BrennerFITAcademy](http://www.brennerchildrens.org/BrennerFITAcademy)

or
Scan QR code
or
Call 336-713-8676

