



Healthier Kids
Foundation

REGISTER!

Call us for more more
information or to get
help registering

1-855-344-6347

10 STEPS TO A HEALTHIER YOU!

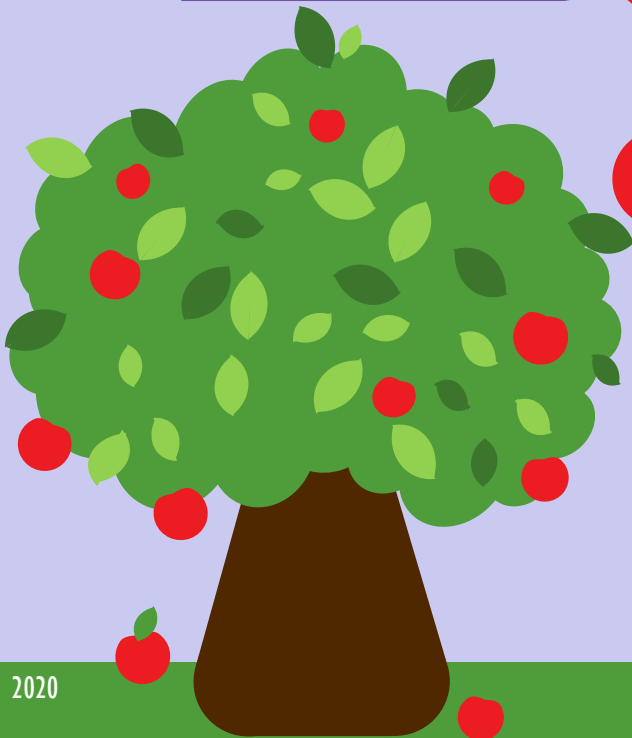
FREE Parent/Caregiver Workshop

FOR:

Adults in Santa Clara
County through ZOOM

WHEN:

Morning & Afternoons
(Each class is 1-1.5 hours)



CLASS: 10 Steps to a Healthier You!

1

Strategies to create a healthier home environment
in general and during shelter in-place

How to help children practice healthy habits such
as regular teeth brushing

2

CLASS: Structures and Routines

Creating, implementing, and maintaining routine for
children during shelter in place and beyond

3

CLASS: 5 Keys to Raising Healthy Happy Eaters

Ways to help children become more comfortable with
eating vegetables

How to make meals healthier and happier for the whole
family

Call or email us at
10steps@hkidsf.org

Complete all 3
classes and
receive a \$25
Target Gift Card



www.healthierkidsfoundation.org

April 2020



VALLEY MEDICAL CENTER
foundation

Helping Silicon Valley Care



COUNTY OF SANTA CLARA
Health System



10 Steps classes connecting through Zoom



Classes are done live through Zoom which is a platform that can be accessed through smartphones, tablets, and computers. Those without strong internet connection can simply call into the class to listen.



Parents will receive a confirmation email as soon as they sign up with the Zoom meeting information as well as a Zoom guide in the language of the class.



Signed up participants will receive a 24 Hr. reminder text message with 10 Steps' phone number and class date and start time details. The day of, participants will receive a text message with a link to a survey collecting demographic information. The survey will require the code given in class.

During Workshops

- 10 Steps program staff are available to help address technical difficulties.
- Participants are asked to identify themselves and notified that attendance will be taken at the end of the class.
- Participants can ask questions to the class facilitator by typing on the chat or speaking out loud by unmuting themselves.
- Participants who try to join the class 30 minutes after class start time will not be allowed into the class and will be invited to join a different class.

After Workshops

- Participants can stay to ask the facilitator questions.
- 1 Hour after completing the demographic information survey, participants will receive a text message with a required post-survey for quality assurance purposes including participant satisfaction.
- At the end of the 3 class series, participants will receive a \$25 target gift card by email if the following was completed for all 3 classes; entered the class, stated they were there verbally or through the chat, said or typed "here" at the end of the class when their name was called, and completed the survey.