



# HEALTHY LIVING IS HAPPY LIVING

## Are You Ready?



# e.n.e.r.g.y.<sup>SM</sup>

eating nutritiously, exercising regularly & growing "Y"-isely

- Healthy eating and fitness program for your whole family
- Eight weekly two hour classes
- Interactive nutrition lessons
- Family workouts
- Cooking demonstrations
- Locations throughout Los Angeles County

Ask your healthcare provider how to enroll.

Contact the e.n.e.r.g.y.<sup>SM</sup> program  
to find a location near you:

(213) 380-7361

[energy@queenscare.org](mailto:energy@queenscare.org)

[queenscarefamilyclinics.org/services/energy](http://queenscarefamilyclinics.org/services/energy)







# VIDA SANA VIDA FELIZ ¿Está Listo?



## e.n.e.r.g.y.<sup>SM</sup>

eating nutritiously, exercising regularly & growing "Y"-isely

- Programa de buen alimento y actividad física para toda su familia
- Ocho clases de dos horas
- Lecciones interactivas sobre nutrición
- Ejercicios para la familia
- Demostraciones de recetas saludables
- Ubicaciones a lo largo de el condado de Los Angeles

Pregunte a su doctor primario como inscribirse.

Comuníquese con el programa de e.n.e.r.g.y.<sup>SM</sup>  
para encontrar la ubicación más cercana a usted:

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