

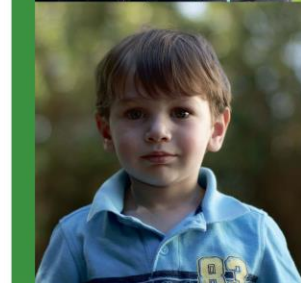


Healthier Kids Foundation Santa Clara County

Premise: Healthier Kids Foundation Santa Clara County believes that one child without access to health care or health coverage is one child too many.

Mission Statement: Our mission is to ensure access to and advocacy for health care services for all children through family-centered and innovative approaches.

Strategies: Our strategies for achieving our mission are to engage in resource development, programming, and outreach on behalf of the underserved members of our community.



10 Steps To A Healthier You



'10 Steps to a Healthier You' is a FREE 3 class series for families to:

- **Help develop healthy habits**
- **Help set routines and structure at mealtimes and bedtimes**
- **Provide tips and strategies on implementing healthy lifestyles within the home**
- **Help prevent struggles and frustrations between parents/caregivers and their children**

Healthier Kids Foundation

“Healthier Earlier”

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