

# CVMG

HEALTHY LIVING PROGRAM

*Focused on You and Your Family*



## Keeping Your Kids Healthy

Your child's health is the foundation of all growth and development. Acquiring and maintaining lifelong healthy habits with your child will deliver many important benefits, including lowering their risk of future health conditions and affirming the importance of a healthy lifestyle.

In this month's webinar, we are giving you tools to use to raise healthy kids, despite busy schedules. We will cover:

- Basics of children's health
- Overcoming barriers
- Tips for developing lifelong healthy habits
- Ways to teach your kids how to live healthy

**Register now for monthly access to these free events!**

The Healthy Living Program webinars are one of many ways CVMG is dedicated to patient care. Visit the [Health and Wellness Resource Center](#) to learn more.

### MISSED A WEBINAR?

Visit the [video resource library](#) on our [Healthy Living Program](#) page.

Wednesday,  
August 25<sup>th</sup>

7:00 PM PT

*This is a free event.*

*Join us for one or all! Register for access to the monthly series. The Zoom link and reminder emails will be sent a few times each month.*

**CLICK TO REGISTER**



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MEDICAL GROUP

*treated like family*

909.429.CVMG [2864]

[CVMGdocs.com/healthy-living-program](https://CVMGdocs.com/healthy-living-program)