



HEALTHY CHOICES TODAY FOR A BETTER TOMORROW



Join us for Salsa, Sabor y Salud, a healthy lifestyle program for Latino families. The eight-week program, developed by the National Latino Children's Institute, focuses on how small changes at home can lead to greater health and well-being for the whole family.

Doris Miller Family Y
1020 Elm St., #900-I
Waco, TX 76704
(254) 752-1605

Waco Family Y
6800 Harvey Dr.
Waco, TX 76710
(254) 776-6612

Date of Meeting

Tuesday, January 17, 2012
6:00pm to 7:00pm

Dates of Meetings

Thursday, January 19, 2012
6:30pm to 7:30pm

Saturday, January 21, 2012
10:00am to 11:00am



Salsa, Sabor y Salud at the Y is a collaboration between the National Latino Children's Institute, the Kraft Foods Foundation and YMCA of the USA.

This program is FREE.



CUIDE SU FUTURO TOME DECISIONES SANAS HOY

Acompáñenos y participe en Salsa, Sabor y Salud, un programa para familias latinas que promueve estilos de vida saludables, elaborado por el Instituto Nacional en pro de la Juventud Latina y que en sólo ocho semanas le demostrará cómo mejorar la salud y el bienestar de su familia haciendo pequeños cambios en su vida cotidiana.



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Gracias al trabajo conjunto del National Latino Children's Institute (Instituto Nacional en pro de la Juventud Latina), la Fundación Kraft Foods y la YMCA of the USA.

Este programa es GRATIS.