



School & Community Wellness

A free, fun, interactive and virtual program promoting healthy lifestyle choices

**Wednesdays at 5pm VIRTUALLY**

**Beginning September 28<sup>th</sup>, 2022**

Where will your child's choices take them? With I Choose, your child will learn about healthy food choices and participate in interactive physical activities.

Did you know that healthy lifestyle choices can reduce the risk of developing diabetes?

### Could your child have prediabetes?

- Does your child have a mother, father, brother or sister with diabetes?
- Are you concerned about your child's weight, or have they ever been told by a healthcare professional that they are overweight or obese?
- Does your child get little or no physical activity in a typical day?
- Was your child born weighing more than 9 pounds or was their mother diagnosed with gestational diabetes?

If you answered YES to any of these questions, your child could be at risk for developing diabetes. Contact School & Community Wellness at Henry Ford Macomb Hospital to learn about I Choose, a FREE healthy lifestyle program. Students will work with a trained lifestyle coach to learn skills needed to make lasting lifestyle changes. A limited number of students will be accepted, so call today. Now is the time for your child to take charge of their health.

**Please email [LMCKENZ3@HFHS.ORG](mailto:LMCKENZ3@HFHS.ORG) or call 586-263-2109 to enroll your child today!**

**HENRY  
FORD  
HEALTH**