



# FAMILY WELLNESS WORKSHOP

Join us for our FAMILY WELLNESS workshop as we explore strategies for cultivating healthier and happier families. We'll offer practical ideas and tips for obtaining optimal health.



## DID YOU KNOW

- Cancer is the #1 cause of childhood death in the U.S.
- 40% of U.S. adults, and 19% of kids age 2-19 are obese.
- Despite having the most expensive health care system, the U.S. ranks last overall compared with six other industrialized countries.



### RAISING HEALTHY CHILDREN

Raising healthy kids is critical for their overall well-being and future success. Nutritious diets, regular physical activity, and supplementation lay the foundation for a healthier adulthood, reducing the risk of chronic diseases.



### PERFORMANCE NUTRITION

Nutrition is vital for athletes wishing to optimize their performance. Tailoring diets to meet the demands of physical activity enhances endurance, strength, and recovery. Sports nutrition fuels the body and ensures overall well-being, enabling athletes to excel.



### AGING GRACEFULLY

As we age, our nutritional needs evolve. A well-balanced diet becomes crucial for promoting overall health and well-being. Adequate intake of essential nutrients, helps preserve cognitive function, bone density, and muscle mass.

**Miami Vineyard Community Church**

12727 SW 122nd Ave, Miami, FL 33186

Join us at 9:30 for a chance to meet & greet before the workshop!

**FREE ADMISSION**

**SATURDAY  
FEB. 10**

**10:30 AM - 1:00 PM**