



can help you get **BACK ON TRACK!**

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## DOWN ABOUT YOUR EATING HABITS?

Many families have experienced a recent change in schedules, eating habits, and way of life.



## WHY TEAM UP?

- Teaches healthy eating and physical activity habits
- Backed by research
- Options for flexible scheduling
- Families may receive up to \$200 for participating

TEAM UP is an opportunity for **your family** to focus on health using a program which partners with your child's primary care provider!

CALL US TODAY  
(585) 276-7776

OR VISIT OUR WEBSITE IF YOU THINK TEAM UP MAY BE A GOOD FIT FOR YOUR FAMILY



[www.jointeamup.org](http://www.jointeamup.org)