



LEADER TRAINING



BodyWorks is a FREE program designed to help parents, caregivers, preteens and teens improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to increase healthy eating and physical activity.

Inkster Area

June 15

29150 Carlisle
Inkster, MI

5:30 – 9:30pm

Detroit Area

June 29

1900 E. Jefferson
Detroit, MI

10:00 – 2:00

Flint Area

July 11

411 E. 3rd
Flint, MI

10:00 – 2:00pm

For more information, please contact the National Kidney Foundation of Michigan at 800-482-1455 or contact Alicia Jackson ajackson@nkfm.org.
For registration, please go to nkfm.org/communities-families/bodyworks.

