Abriendo Caminos Clearing the Path to Hispanic Health





Group

3 Measurement

Sessions

6 weekly workshops (1.5

hours each)

LEARN HOW TO LIVE A HEALTHIER LIFE AS A FAMILY

Abriendo Caminos 2 is a multi-site research project that aims to promote healthy eating and physical activity in Spanish-speaking families.

Are you of Mexican or Puerto Rican origin?

Is Spanish your first language?

Are you a parent or legal guardian of child(ren) between the ages of 6-18 years?

Location: Online (Zoom)

Coming soon

You will be randomly assigned to the green or yellow group and will be asked to attend 3 measurement sessions. Incentives will be available to those who participate and complete the sessions. Those who are assigned to the yellow group will receive an additional incentive for each 1.5 hour weekly workshop they complete. Yellow

We will offer FREE childcare during the workshops and measurement sessions.

<u>3 Measurement</u> Sessions

Group

Join the Abriendo Caminos program today!

Contact the BOUNCE Healthy Lifestyle Program for more information on Abriendo Caminos. Please call our office at 832-842-5921 or check out or website at <u>http://bounce.uh.edu</u>.

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United States Department of Agriculture National Institute of Food and Agriculture

This work was supported by the Agriculture and Food Research Initiative Competitive Grant no. 2015-68001-23248 from the USDA National Institute of Food and Agriculture (NIFA) to Cooperative Extension and the Department of Human Development and Family Studies at the University of Illinois, Urbana-Champaign.

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