

# 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.

**Green Group**

**Yellow Group**

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

**Join the Abriendo Caminos program today!**

**3 Measurement Sessions**

Contact the BOUNCE Healthy Lifestyle Program for more information on Abriendo Caminos. Please call our office at 832-842-5921 or check out our website at <http://bounce.uh.edu>.  
3657 Cullen Blvd,  
Farish Hall #491  
Houston, TX 770204

**3 Measurement Sessions**  
**6 weekly workshops (1.5 hours each)**