

The Family Lifestyle Program (FLiP) is back in-person! Spring 2023



The Family Lifestyle Program (FLiP) is a health promotion program developed by members of Loyola University and Dominican University in partnership with Maywood Fine Arts for families to improve our lifestyle and have a happier & healthier life.

Once a month, come and participate in our workshops! Content will vary from physical activity, nutrition/cooking, mental health, and overall wellness.

WORKSHOPS FROM 10-11 AM ON:

• **January 21st**

- Hypertension - How to build flavor in food without adding too much salt!
- FREE High Blood Pressure Screenings



• **February 18th**

- Getting Enough Fiber - What's considered enough, but not too much?

• **March 18th**

- Diabetes - Combining Food Groups to Keep Blood Sugar from Spiking
- FREE Pre-diabetes Screenings



• **April 15th**

- Heart Health - What does eating for heart health look like?

RSVP is recommended (but not necessary) for classes to have enough supplies!
Please email us at familylifestyleprogram@gmail.com
to reserve your spot in each class

Classes are located in the Art Room at the Maywood Fine Arts Building
At no cost

All family members are welcomed, especially children!



FLIP Loyola



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