

Well Balanced:

Raising Strong, Healthy Kids in a Busy World



Methodist Wellness Services

Healthy Knowledge Seminars for Working Parents



Each 45—60 minute session can be enjoyed individually or as part of the series. Employees will learn how to create a well balanced and healthy family in a busy world.

The PowerPoint presentations are facilitated by a trained health professional and include time for Q&A. Each topic includes fun activities for parents to share at home with their kids.

Working parents can enjoy the best of both worlds—the joys of parenthood and the satisfaction of a career—but it takes planning and perseverance!

Well Balanced is a series of four healthy knowledge seminars about some of the biggest challenges for busy working parents—food, exercise, homework and sleep.



They Are What They Eat

How Not To Raise Mouse Potatoes



Winning the Homework War

Pillow Fights: Getting Their Zzzz's



For more information about this program

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