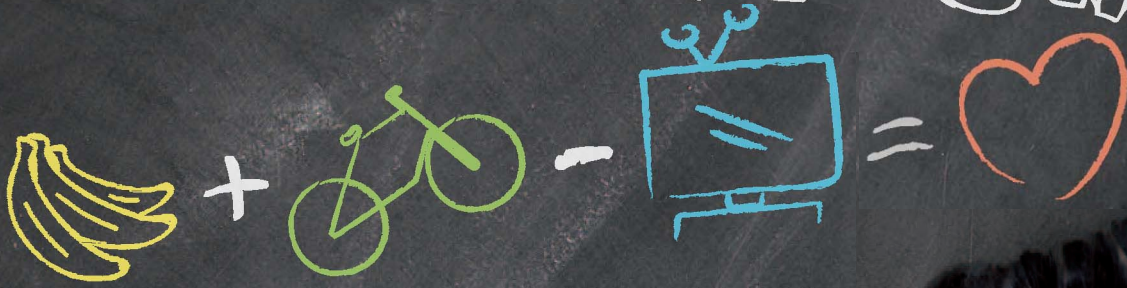


# A LESSON FOR RAISING A HEALTHY CHILD



Helping kids maintain a healthy weight isn't easy. But you have more power than you know. Provide nutritious foods, help your kids be more active, and reduce their screen time.

Learn more at <http://wecan.nhlbi.nih.gov>



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