



# Healthy families, kids, and teens

## Coaching programs

**Who:** Families with children of all ages; kids 14 and older can speak directly to a coach.

**Topics:** Creating healthy family habits, weight management, and quitting tobacco for teens.

**Information and registration:** Please call 503-286-6816 or 1-866-301-3866, option 2.

[kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily)