



# CATCH Healthy Habits

## Healthy Living for All Ages

### Remember walking to and from school? Or riding your bicycle all over until dark?

Unfortunately, children today live in a different world with less active options .

There is good news! CATCH Healthy Habits pairs teams of adults 50+ with kids to teach nutrition lessons and lead physical activities.

By volunteering as a CATCH Coach, you can be part of the solution. Get involved today.



**RSVP**  
**Lead With Experience**

Together, we'll have kids moving again and eating healthier!



***CATCH Healthy Habits Information Session:***

***Wednesday, December 14, 3:30 at 555 Windsor St. Hartford***

For more information or to RSVP contact:

Renee Hamel at 860.760.3087 or [hamelr@crtct.org](mailto:hamelr@crtct.org)



CATCH Healthy Habits is funded by a grant from Anthem Blue Cross Blue Shield Foundation

CATCH Healthy Habits uses the CATCH Kids Club Curriculum

