

# Shape Your Life

## A CalOptima Health program



Shape Your Life offers interactive group lessons and fun activities through in-person or virtual classes at no cost.

Children and teens ages 5–18 and their families are invited to learn how to create healthier habits together.

### Class topics may include:

- Planning healthy and affordable meals and snacks
- Reading food labels to make healthier choices
- Being active with simple movement or a daily fitness routine
- Getting better sleep and managing stress

To sign up, scan the QR Code.

For questions about this content, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**, Monday through Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language. Please visit us at [www.caloptima.org/healthandwellness](http://www.caloptima.org/healthandwellness) to see health videos.



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