

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

Click [here](#) or scan the QR code to sign up.



If you have questions, 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/events for other events and in-person classes.

CalOptima Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.