



Who can help make staying at a healthy weight fun?



Find *We Can!*
in your community!

<http://wecan.nhlbi.nih.gov>

Toll Free: 1 (866) 359-3226



Who can help your family eat right to stay at a healthy weight?



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Who can help your family move more to stay at a healthy weight?



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Who can help your family step away from the screen to stay at a healthy weight?



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