



**Public Health**  
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**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**  
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## **Learn to Make Better Health-Related Choices**

### ***Champaign-Urbana Public Health District Kicks Off a New Wellness Program***

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) is getting ready to kick off a new wellness program focused on activity and healthy food choices for families. “Let’s Get It Started” is a new four-week program that educates families on how to plan, purchase, prepare, and enjoy healthier meals as well as develop active living plans together and set and monitor goals as a family.

During the program, participants will learn about Go, Slow and Whoa foods, label reading, portion control, and different types of physical fitness. One of the four classes will include a grocery store tour. In addition, CUPHD will be working with the U of I Extension who will be performing cooking demonstrations during each class and the families will be able to prepare and eat the food during class.

“The only way to really improve the health of our children is to improve the health of our families. Parents can be great role models, and taking a class on healthy eating and active living together is a great start,” said Jennifer Jackson, Health Educator at CUPHD.

CUPHD will register one adult and one child per family on a first come, first served basis and the cost of the four-week program is \$20.00. This program is open to residents of Champaign and Urbana. Classes will be offered at the Champaign-Urbana Public Health District, 201 W. Kenyon Road in Champaign, on Tuesdays from 5:30 – 7:00 PM beginning February 8<sup>th</sup>.

For additional information or to register contact Jennifer Jackson at (217) 531-2912 or e-mail [jjackson@c-uphd.org](mailto:jjackson@c-uphd.org).

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