



# CATCH Healthy Habits

## Healthy Living for All Ages

Help children develop healthier lifestyles  
while making positive changes for yourself.

Kids need more exercise and to learn  
healthy eating habits.

You want to make a difference.

CATCH Healthy Habits pairs teams of  
adults 50+ with kids in grades K-5.  
Classes meet once a week for 8 weeks.

There are lots of ways you can help.

Together, we'll get kids moving again  
and eating healthier.



**NEW VOLUNTEER TRAINING DATES:**  
**Tuesday, September 2nd, 10am - 12pm (Escondido)**  
**or**  
**Thursday, September 4th, 1-3pm (Mission Valley)**

To register for training in Mission Valley, contact Erica at  
[erica@sandiegooasis.org](mailto:erica@sandiegooasis.org) or 619-881-6262

To register for training in Escondido, email Becky at  
[bhofseth@oasisnet.org](mailto:bhofseth@oasisnet.org)



Anthem Blue Cross Foundation

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CATCH Healthy Habits uses the  
CATCH Kids Club Curriculum

