

LEARN HOW TO LIVE A HEALTHIER LIFE AS A FAMILY

Abriendo Caminos 2 is a multi-site research project that aims to promote healthy eating and physical activity in Spanish-speaking families.

Are you of Mexican or Puerto Rican origin?

Is Spanish your first language?

Are you a parent or legal guardian of child(ren) between the ages of 6-18 years?

Location: TBD

You will be randomly assigned to the green or yellow group and will be asked to attend 3 measurement sessions. Incentives will be available to those who participate and complete the sessions. Those who are assigned to the yellow group will receive an additional incentive for each 2-hour weekly workshop they complete.

Green Group

Yellow Group

We will offer FREE childcare during the workshops and measurement sessions.

Join the Abriendo Caminos program today!

3 Measurement Sessions (2 hours each) & 1 parenting workshop (1.5 hours)
Dates: TBD

Contact the BOUNCE Healthy Lifestyle Program for more information on Abriendo Caminos. Please call our office at 832-842-5921 or check out our website at <http://bounce.uh.edu>.
3657 Cullen Blvd,
Farish Hall #491
Houston, TX 770204

3 Measurement Sessions (2 hours each) & 6 weekly workshops (2 hours each)
Dates: TBD