



This year the Culture of Wellness in Preschools Program (COWP) is launching a **free** text-messaging program focused on health, called Text2BHealthy (T2BH). The goal of T2BH is to provide preschool parents, teachers/staff, and community members with resources and helpful tips to keep their families engaged in a healthy lifestyle. The program is aligned with COWP programming and it is provided **at no cost to the participants.**

Families who sign up for T2BH will receive 2-3 text messages every week with creative healthy recipes, tips to consume more fruits and vegetables, ideas to stay physically active as a family, and information about health event happening close to their preschool/head start center.

Participants can register texting the keyword FOOD (English campaign) or COMIDA (Spanish campaign) to the short code 21333. The contact information of T2BH participants will not be shared with anyone.

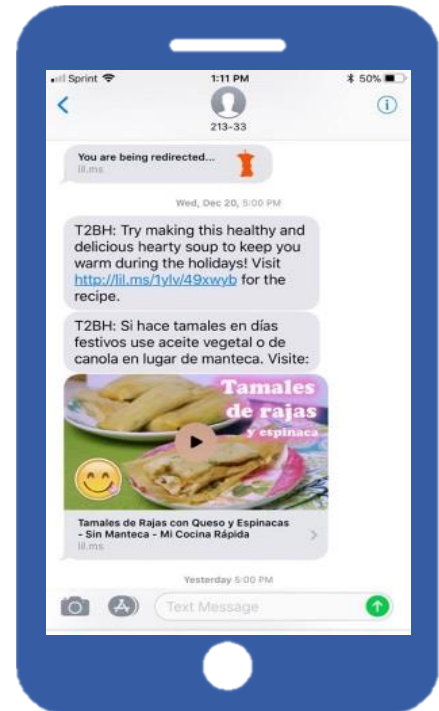
Sign up for the free Text2BHealthy (T2BH) Program!

Text **FOOD** to 21333

Manda **COMIDA** al 21333

For more information about COWP visit:
cowpprogram.com

Text2BHealthy



Text2BHealthy is a FREE text messaging program brought to you by the Culture of Wellness in Preschools (COWP) Program.

