



FUEL YOUR FUTURE!

**VIRTUAL
GROUP!**

Is your child ready to build healthy habits for life?
Join Fuel Your Future, a virtual nutrition workshop designed to support families with practical, age-appropriate strategies for healthy eating and physical activity.

Workshop Details

- Who: Ages 12 -19 (parents welcome)
- Eligibility: Must have Medicaid
- When: 3rd Monday of every month
- Time: 4:00 - 4:30 PM

What We'll Cover

- Building balanced meals
- Healthy meal and snack ideas
- Physical activity recommendations for staying strong
- Practical tips for making healthy choices at home and school

Why Attend?

- Interactive, family-friendly education
- Led by qualified Registered Dietitians
- Focus on lifelong healthy habits—not diets



For more information or to register, please contact your child's care team or MGC Diabetes Education at 864-849-6930.