

Get delicious and nutritious tips at Food with Friends!



THE HSC HEALTH CARE SYSTEM
Health Services for Children
with Special Needs, Inc.

Health Services for Children with Special Needs, Inc. (HSCSN) Healthy Living Program introduces “Food with Friends,” a new month-long wellness series to encourage enrollees to live a healthier lifestyle. Sign up to join our free weekly sessions in April!

When: Every Tuesday in April 2021
from 6:00 pm - 8:00 pm

- April 07, 2021
- April 14, 2021
- April 21, 2021
- April 28, 2021

Where: Join Online via Zoom

Join by Phone
Dial +1-301-715-8592
Meeting ID – 607 175 6406

Register: RSVP Online: hscsnhealthplan.org/foodwithfriends

Hosted by:



In partnership with:



♦ **Group Workshops:** Weekly workshops on weight management, healthy eating, chronic condition prevention/management, nutrition education and wellness sessions facilitated by a registered dietitian/nutrition educator.

- ♦ **Fitness Classes:** Fitness assessment and group exercise classes with a licensed fitness expert.
- ♦ **Cooking Demonstrations:** A professional chef from Food Jonezi will share medical cooking demonstrations on how to prepare meals and snacks as well as discuss how to manage chronic conditions and weight loss.

For more information: Contact Customer Care or your Care Manager at 202-476-2737. You may also contact our Program Coordinator, Scotty Janson, at Tjanson@hschealth.org

hscsnhealthplan.org



**For more information visit www.hscsnhealthplan.org.
For reasonable accommodations please call (202) 467-2737.**

If you do not speak and/or read English, please call 202-467-2737 between 7:00 a.m. and 5:30 p.m. A representative will assist you. **English.**

Si no habla o lee inglés, llame al 202-467-2737 entre las 7:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle. **Spanish.**

የእንግሊዝኛ ቋንቋ መናገርና ማንበብ የማይችሉ ከሆነ ከጊዜ 7:00 ሰዓት እስከ ቀኑ 5:30 ባለው ጊዜ በስልክ ቁጥር 202-467-2737 በመጻወል እርዳታ ማግኘት ይቻላል። **Amharic.**

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 202-467-2737 từ 7 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn. **Vietnamese.**

如果您不能講和/或不能閱讀英語，請在上午 7:00 到下午 5:30 之間給 (202) 467-2737 打電話，我們會有代表幫助您。 **Traditional Chinese.**

영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 7시 00분에서 오후 5시 30분 사이에 (202) 467-2737번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다. **Korean.**

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 202-467-2737 entre 7:00 du matin et 5:30 du soir. Un représentant vous aidera. **French.**



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

This program is funded in part by the Government of the District of Columbia Department of Health Care Finance.

HSCSN complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.