

Champions for Change



We are the example
for our children and
for our community.

Marcela C.
Champion for Change

Stay Healthy

We do not need to fall prey to obesity, type 2 diabetes and other chronic diseases.

Keep Active

We need to watch what we eat and get regular physical activity each and every day.

Lead by Example

If our children and others watch our good, healthy habits and behaviors then they will most likely follow our example.

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. California Department of Public Health. Santa Clara County Public Health Department is the lead agency for BANPAC and the Network for a Healthy California — Bay Area Region.

