



SHAPE YOUR LIFE! 12 CLASS SESSIONS

FAMILIES GETTING HEALTHIER TOGETHER!

Dr. Riba's Health Club has a long steady reputation of treating and preventing nutritional issues for children, with a **91%** success rate in treating childhood obesity in the last year.

Dr. Riba's Health Club and CalOptima have teamed up to offer eligible members the opportunity to attend Shape Your Life health education classes at **NO-COST!**

Program Requirements Include:

- >85 BMI %
- Age 5-18
- CalOptima insurance



All Eligible Members, who complete 6 class sessions will receive a \$50 gift card from CalOptima.

Visit our Santa Ana office or visit your child's Primary Care Practitioner to have your child's BMI calculated today!

****Insurances accepted for One-and-One care, please contact for additional information****

Free Nutrition Classes for Cal Optima Members

- Healthy food demonstrations
- Learn about healthy eating
- Fun exercise activities

**Classes Currently
Available In:
Orange, Santa
Ana, Tustin, And
San Juan
Capistrano**

**Call to Sign Up
Today! (714)549-
6440**

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