

# ***HELPING CHILDREN WITH EPILEPSY***

***LEAD HEALTHY, ACTIVE LIFESTYLES***



**A FREE 12-Week Get FIT @Home program can help your child:**

- ✓ **Set healthy goals**
- ✓ **Be active**
- ✓ **Build a healthy plate**
- ✓ **Make healthy food choices**
- ✓ **Learn healthy behaviors**
- ✓ **Live well with epilepsy**
- ✓ **Attain/maintain a healthy weight**



**...All in the comfort of your own home!**



To register for Get FIT please call  
The Epilepsy Foundation of Mississippi at  
601-936-5222

Get FIT Mississippi is brought to you by  
The Epilepsy Foundation of Mississippi,  
The Family Resource Network, and  
The Mississippi Department of Mental Health

Get FIT provides safe and tailored health and wellness programming created specifically to meet the needs and abilities of children ages 5-18 with an intellectual or developmental disability

