



FAMILY HEALTH MATTERS  
GET STARTED



# The ABCs of Family Health

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What does a healthy, happy family look like? Of course, there isn't one answer, but there are general actions we can all take to optimize wellness in our households. In this first week of the LifeSpeak Family Health Matters campaign, we take a high-level look at what some of those actions might be from the perspective of new parents, children, and teens. If you have specific questions, be sure to sign into your LifeSpeak account on July 16, 2019 at 12PM to chat with psychologist and author, Dr. Joshua Coleman.

Access the Campaign →

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SUSTAINING HEALTHY  
FAMILY HABITS

