



BE HEALTHY. BE SAFE. BE READY.

**This Program is  
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**In Consultation with:**

CLUES

(Comunidades Latinas Unidas En Servicio)

MAAATEN

(Minnesota African American / African  
Tobacco Education Network)

STEEP

(Statewide Tobacco Education &  
Engagement Project)

**For more information about  
obesity visit**

[www.echominnesota.org](http://www.echominnesota.org)

**To order a free DVD of "Obesity  
and Your Health," please send an  
e-mail with your name and mailing  
address, including zip code, to  
centerinfo@bluecrossmn.com. If  
you prefer, you may leave a phone  
message with the same information  
at 1-800-760-0052 (toll free).**

**For more information about  
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[www.echominnesota.org](http://www.echominnesota.org)



# Obesity and Your Health

## The dangers of being very overweight and how to get healthy.

You don't want anything to keep you from being happy and healthy. But did you know that being very overweight can make both children and adults sick?

ECHO (Emergency, Community and Health Outreach) is proud to announce a television special to bring viewers important information on the health risks around obesity and habits that adults and children can put in place to become a healthy weight and stay a healthy weight.

This special presentation will be broadcast in four languages on *tpt's* Minnesota Channel.

**Sunday, May 1:**

Spanish - 7:00 p.m.

Hmong - 7:20 p.m.

Somali - 7:40 p.m.

**Sunday, May 8:**

Vietnamese - 7:00 p.m.

Lao - 7:20 p.m.

Khmer - 7:40 p.m.

**Sunday, May 15:**

English (Captioned) - 7:00 p.m.

Viewers will learn about the illnesses that can be caused by obesity, healthy food choices on a tight budget, easy physical activities that can prevent obesity, and how to connect with helpful resources for individuals and families.

The program, "Obesity and Your Health," is also available in multiple languages with English captions for the deaf and hard of hearing at [www.echominnesota.org](http://www.echominnesota.org).

**Stay Connected:**

