

# HEALTH AND OBESITY: PREVENTION AND EDUCATION (H.O.P.E.)

LOVE  
YOUR  
BODY



You are the best person to take care of your health! Learn how by participating in our H.O.P.E. curriculum and know the facts about your health, well-being, and prevent unnecessary diseases and concerns by eliminating bad habits to your health.



## Highlights

- On-site gym and training!
- Access to the HOPE PLATO curriculum!
- Learn Nutrition facts and design a Health Plan!

SALTech



*we believe in your success!*

## **SALTech Charter High School**

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