

EVMS

Eastern Virginia Medical School

LittleSteps4Health

**Free self-paced at home program
developed by EVMS pediatrics**

**Learn how to eat healthy and
be active as a family**

**Work on fun interactive lessons
with your children**

**Online parent support group
to connect with EVMS staff**

**Weekly check-ins with
EVMS staff**



REGISTER HERE



**CONTACT
INFORMATION
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