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We Can! Energize our Families Parents and Caregiver Program	NIH	The We Can! Energize Our Families: Parent Program is designed to provide parents and primary caregivers with the knowledge and skills they need along with practical tools to help families maintain a healthy weight. Each session of the Parent Program uses hands-on activities to help parents learn skills to help their family members and others make more nutritious food choices, become more physically active, and reduce screen time. The lessons also cover specific topics like energy balance and calorieneeds, the body mass index (BMI), physical activity guidelines, and ways to limit TV and video use, among others.	English	Research-Tested	Free	6	60 min.	N/A										X		