

KOHL'S
Healthy
atHome

Get Free Text Messages for Family Health

Text **“HEALTHY”** to 1-800-436-4584

Tips, tools, and encouragement to help
your family prioritize healthy living

Sign up for text
messages today!



- Healthy Eating & Recipes
- Movement for All Ages
- Kid-Friendly Activities
- Rest & Well-Being
- Family Relationship-Building
- Self-Care for Parents & Caregivers

*Messaging and data rates may apply.
Text messaging service is currently
available in English.

Explore KohlsHealthyAtHome.org for whole child health resources and activities in English and Spanish.

