

# HOMESTYLES

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Hundreds of moms and dads just like you told us they want their kids to be even

- happier
- healthier
- safer

## HOMESTYLES can help you with that!

It helps parents shape their homes and lifestyles to raise happy, healthy, safe kids. You will be amazed at how well the quick and easy ideas work for you!

- **What is HOMESTYLES?** A series of program guides gives you quick tips and fun ideas from experts and other parents that help you make small, simple changes at home. You choose from 12 guides, and you choose which changes to make and how. HomeStyles gives easy, no-cost tips that can help every family—even those with busy lives and tight budgets.
- **How much time does it take?** It takes only about 15 minutes to review each guide. Then, each day, spend a few minutes making simple changes that you want for your family. Maybe you want calmer bedtime routines, fuss-free mealtimes, or a safer kitchen. You will get 1 guide each month for the next 12 months.
- **What if I need help?** Call or email a friendly HomeStyles Specialist!
- **What do I need to participate?** You need Internet access, plus email or phone.
- **How much does it cost?** There is no charge! In fact, if you try simple changes and do surveys along the way, you can earn more than \$125 and keep gifts we send to help you!
- **How do I sign up?** Visit [HealthyHomeStyles.com](http://HealthyHomeStyles.com) or go to [tinyurl.com/HomeStylesGetStarted](http://tinyurl.com/HomeStylesGetStarted) to sign up now!

**HOMESTYLES . . .**  
**for a healthier lifestyle now**  
**and the results you want for a lifetime!**

**Need more information?** Visit [HealthyHomeStyles.com](http://HealthyHomeStyles.com).