



# OCEANS

## change is made in waves

A support and advocacy group for teens on their weight management journeys

### Socials

Socials are a safe place for teens to talk about healthy lifestyles. It connects them with other teens who are on a similar journey and are also working on instilling healthy habits. Every person attending and leading the monthly socials have experienced the struggles and victories of the journey towards a healthy lifestyle.

OCEANS is for teens ages 12-21.

### Scan the QR Code to Register!



### Contact us:

[oceanslifestyles@gmail.com](mailto:oceanslifestyles@gmail.com)

Facebook: [oceanslifestyles](#)

Instagram: [oceanslifestyles](#)

Twitter: [oceanslifestyle](#)

website: [www.oceanslifestyles.com](http://www.oceanslifestyles.com)



# OCEANS

change is made in waves

A support and advocacy group for teens on their weight management journeys

## Socials

Socials are a safe place for teens to talk about healthy lifestyles. It connects them with other teens who are on a similar journey and are also working on instilling healthy habits. Every person attending and leading the monthly socials have experienced the struggles and victories of the journey towards a healthy lifestyle.

OCEANS is for  
teens ages 12-21.

**Scan the QR Code  
to Register!**



## Contact us:

[oceanslifestyles@gmail.com](mailto:oceanslifestyles@gmail.com)

Facebook: [oceanslifestyles](#)

Instagram: [oceanslifestyles](#)

Twitter: [oceanslifestyle](#)

website: [www.oceanslifestyles.com](http://www.oceanslifestyles.com)