

Mentoring helps create healthier futures for teens and for you!

Be a Mentor in the SOSMentor ShapeUp Program

ATTENTION

College
Students



Business
Professionals



Rotarians

Nutrition Education
Mentoring Opportunity



HIGH SCHOOLS

UNIVERSITY HIGH SCHOOL
HOLLYWOOD HIGH SCHOOL

SOSMentor

Phone: (818) 222-4243

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www.SOSMentor.org

Give a little time, get a lot in return.

Do your part in the fight against childhood obesity
Mentor a child to make healthier choices today!



- Help make a positive difference in students' health while improving your own health and wellness
 - BE A MENTOR in an activity-driven interactive nutrition, health and fitness curriculum
 - Support HS students in 5 workshops as they learn nutrition basics and then mentor elementary students with information learned

Program Dates:

University HS: Orientation: Wednesday, February 22
Workshops 1-5: Mondays, February 27—March 26
3:15 PM—4:45 PM

Hollywood HS: Orientation: Thursday, February 23
Workshops 1-5: Wednesdays, February 29—March 28
3:15 PM—4:45 PM

Visit www.SOSMentor.org for an application and more information