



Dear Head Start Parents,

HealthStart, a Texas non-profit organization, is building a healthier future for our community through children's early health education. We invite you to download our new mobile children's game, **Monstralia™: A Healthy Life for Your Little Monster** for free!

Monstralia makes learning how to be healthy fun and entertaining for children between the ages of three and eight. They learn about healthy habits when they adopt and take care of a baby monster who lives on the *Island of Monstralia*.

When your child plays Monstralia they will learn what to eat for good health and the types of physical activities needed for strong bodies. They will also learn how to take care of one another, and the world where they live.

By downloading Monstralia to your smart phone or tablet your child will be able to have fun while continuing to learn over the summer. For a free download:

- For Android phones or tablets go to: <https://play.google.com/store/apps/details?id=com.HealthStart.MonstraliaGame>
- For Apple devices you first must download "Testflight" from the Apple App Store. Once you have Testflight on your iPhone or iPad click <https://testflight.apple.com/join/ppXUOoeE> to launch Monstralia

If you have questions contact info@healthstartfoundation.org. To learn more about HealthStart and Monstralia™ visit our website at <http://www.healthstartfoundation.org>.

Yours,

Robin Herskowitz

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Founder and Executive Director

For healthy recipes, family-friendly activities and more, find "HealthStart"

on [Facebook](#), [Twitter](#) and [Pinterest](#)!