



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EATING WELL PLAYING MORE

ACT! Actively Changing Together



Ready for a healthy change? Looking for ways to help your child eat well and be more active?

ACT! is a 12-week program for youth 8-14 years and their parents promoting healthy nutrition, activity and lifestyles brought to you in partnership through the Whatcom Family YMCA and PeaceHealth St. Joseph Hospital.

- One 90-minute group session per week for 12 weeks
- Y family membership to use between weekly sessions
- A nutritionist and physical activity coach lead each session
- Parents join the program together with their kids
- Energizing games, activities and light meals
- Offered Winter & Fall
- Referrals are welcome year-round

PROGRAM REQUIREMENTS

- A healthcare provider referral is required to enroll (doctor, registered nurse, registered dietitian or any licensed healthcare provider).
- Youth must have a body mass index (BMI) $\geq 85^{\text{th}}$ percentile.
- You and your child's healthcare provider can complete this form and fax it to the Whatcom Family YMCA, 360-734-8406.

PROGRAM DETAILS

- AGES:** 8-14 years with parent
- DATES:** ACT! at Home in Spanish (Virtual)
Dates: September 13-December 6
Days: Tuesdays
Time 6-7pm

FOR MORE INFORMATION & TO REGISTER:

Email mlatta@whatcomymca.org or call Mary Latta at 360-255-0496.



PeaceHealth
St. Joseph Medical Center

WHATCOM FAMILY YMCA

360 733 8630

www.whatcomymca.org