



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  
**Winter 2023 Session Dates (English):**  
Jan 24 - April 11 (no class Spring Break)  
**Time:** Tuesday 6-7:30pm

**Winter 2023 Session Dates (Spanish):**  
Jan 26 - April 13 (no class Spring Break)  
**Time:** Thursday 6-7:30pm

Fall 2023 Session Dates (English):  
Sept 19 - Dec 12 (no class Nov 21)  
Tuesday @ TBD

Fall 2023 Session Dates (Spanish):  
Sept 21 - Dec 14 (no class Nov 23)  
Thursday @ TBD

## FOR MORE INFORMATION & TO REGISTER:

Email [mlatta@whatcomymca.org](mailto:mlatta@whatcomymca.org) or  
call Mary Latta at 360-255-0496.



PeaceHealth  
St. Joseph Medical Center