



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 DETAILS

AGES: 8-14 years with parent

WHEN: **English Class**

Sept 19 - Dec 12 (no class Nov 21)
Tuesdays; 6-7:30pm

Spanish Class

Sept 21 - Dec 14 (no class Nov 23)
Thursdays; 6-7:30pm

To register and for more information,
contact Mary Latta:
mlatta@whatcomymca.org | 360 255 0496

WHATCOM FAMILY YMCA

1256 N State St, Bellingham, WA, 98225
360 733 8630 | whatcomymca.org

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 85th percentile.
- You and your child's healthcare provider can complete this form and fax it to the Whatcom Family YMCA, 360 734 8406.



PeaceHealth
St. Joseph Medical Center