



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?

This 11-week virtual learning program, developed in partnership with providers and professionals at Seattle Children's Hospital, provides engaging lessons on healthy nutrition, activity, and lifestyles and is designed for kids ages 8-14 and their parents and/or their adult care provider. By actively changing together, parents and kids can learn how to engage in healthy lifestyles as a family.

This program requires a referral from a medical provider. We accept referrals from many types of medical providers, including primary care, and specialist physicians, nursing staff, registered dietitians, school nurses, and physical therapists. You will also need a digital device that has a camera and microphone.

The program consists of one 60-minute virtual group session per week for 11 weeks. Sessions include energizing games and activities. Specially trained Y staff offer guidance and encouragement for eating well, playing often, and preventing health conditions associated with being overweight.

We are offering ACT! At Home free to the community!

### 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

	<b><u>ACT! in Spanish</u></b>
<b>AGES:</b>	8-14 years with parent
<b>DATES:</b>	Sept. 27 - Dec. 14 (No class Nov. 23)
<b>DAYS/TIMES:</b>	Tuesdays, 5:30-6:30pm
<b>FEE:</b>	FREE
<b>LOCATION:</b>	Classes will be online using Zoom Software

### FOR MORE INFORMATION & TO REGISTER:

Email [mlatta@whatcomymca.org](mailto:mlatta@whatcomymca.org) or call Mary Latta at 360-733-8630.

**WHATCOM FAMILY YMCA**

In Association With



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