



Healthy Weight and Your Child

Kennebec Valley YMCA

EMPOWERING FAMILIES TO LIVE HEALTHIER

PROGRAM OVERVIEW

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders for the duration of the 25-session program.

WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight (Body mass index of the 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

LEARN MORE

For more information about the program, contact Feargal Semple @ 622-9622 ext220 or email Feargal@kvymca.org

DATES: Call for sessions dates (Manchester Campus)

(Runs every Monday & Wednesday for 15 weeks)

COST: \$100 (Full/Partial Scholarships Available)
(Membership is included in price)