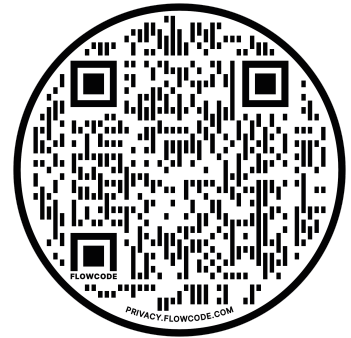




EMPOWERING FAMILIES TO LIVE HEALTHIER

YMCA Healthy Weight & Your Child



Healthy Weight and Your Child (HWYC) is a 25-session evidence-based lifestyle change program designed to address childhood obesity by empowering children and families through education, healthy eating, and physical activity. The program is geared toward the whole family, engaging children and adults in nutrition education and physical activity to elicit positive change and to help families learn skills to live a healthier lifestyle.

PROGRAM DETAILS

SESSIONS: 25 sessions / 4 months

- For kids ages 7-13 years old
- Participants must carry excess weight (BMI in the 95th percentile or higher)
- Participants must receive clearance to participate in physical activity from a healthcare provider
- Adult must be able to attend all sessions with participating child

CLASS BEGINS

Tuesday, October 8, 2024 at 6:00 pm

LOCATION

Auburndale Community Center - 1045 Auburndale St. Corona, CA 92878

For more information, contact Will at WMobley@ymcacornor.org