



EMPOWERING FAMILIES TO LIVE THEIR HEALTHIEST

Healthy Weight and Your Child focuses on building positive habits for life, such as healthy eating and regular physical activity. This CDC-Recognized Family Healthy Weight Program empowers families to live a healthy and active lifestyle together.

Program Details:

- Two hour sessions held twice per week after school
- Healthy snacks provided during each class
- Fun physical activity for the whole family
- Connect and learn from other families enrolled

To qualify, a child must:

- Be age 7 -13
- Have a BMI of the 95th percentile or higher
- Receive clearance from a medical provider
- Have an adult at every session



**CLICK THE
LINK BELOW
TO REGISTER**

HARTSVILLE YMCA
843-383-4547



SUMMERVILLE FAMILY YMCA
843-486-1479



SUMTER FAMILY YMCA
803-773-1404

