



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY HABITS START YOUNG!

ENERGIZE!

Program for youth ages 6-11



ENERGIZE! is a program for youth (ages 6-11) identified with a BMI above the 85th percentile and their families.

Participants will learn how to:

- Make exercise fun
- Exercise safely
- Make healthy eating choices
- Implement and maintain healthy lifestyle changes

Due to generous donors from our annual campaign, there is no cost to participate in the program.

*Includes a complimentary membership for the participant and his/her family for the 12 weeks.

September 30 -Dec. 18th
Monday and Wednesday
6:00pm - 7:00pm
Ages: 6-11

For more information,
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