

Want to be a Healthy Family!?

What is Healthy Families?

Healthy Families is a free health and nutrition program for families with children and teens who want to live healthier, more active lives – TOGETHER.

How do we Qualify?

If your child is between the ages of 6 and 18, and you or your child's healthcare provider have expressed a concern about their weight, your entire household is invited to join Healthy Families. We can coordinate the required doctor's referral for you.



Benefits for You and Your Family:

- Get personal attention and expertise of Registered Dietitians and trained Fitness Professionals.
- Improve your family's health and quality of life by learning how to: -eat healthier while sticking to your family's budget -incorporate physical activity into your typical day -set family goals to make healthy choices together

AND, you get a free membership to your local YMCA for the 8 weeks you attend Healthy Families, and a \$50 grocery store card at graduation!

Class Overview:

Family Play-30 minutes- families get moving together in some fun games

Good Eats -1 hour- families sit down together for a nutrition or physical activity lesson and to share a healthy snack.

Where do we Meet?

Classes start soon. We have 5 convenient metro locations that partner with the YMCA:

North Omaha: Charles Drew Health Center-Tuesdays at 5:30 pm

West Omaha: Lakeside Hospital -Mondays at 6:00 pm

Council Bluffs: Hy-Vee- 23rd & Broadway- Wednesdays at 6:00 pm

Sarpy County: Midlands Hospital- Thursdays at 5:30 pm

****Downtown:** Downtown YMCA-Wednesdays at 5:30 pm

****= Spanish Speaking Site only**



For more information, or to sign up, contact:

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Healthy Families

Funded by Alegant Creighton Health

