



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILDING HEALTHY FAMILIES

Childhood Weight-Loss Program

**Information Meeting Sunday, Feb. 12, 1:30 p.m. at the YMCA
Program is for Children Ages 6-12 and Their Families
Sundays 1:30-3 p.m., February 26-May 6**

Building Healthy Families is a weight-loss program consisting of physical activity, nutrition education and behavior modification. It was developed by the University of Nebraska at Kearney and is brought to Holdrege through a grant from Blue Cross and Blue Shield of Nebraska. More than 35 families have successfully participated in this program in Kearney in the last three years.

Families with children who have a BMI in the 95th percentile or greater are eligible to participate. Class includes fitness assessments, blood work provided by Phelps Memorial Health Center, nutrition education, goal-setting and family physical activity.

For more information or to find out if your family is eligible to enroll, please contact Reve' Fries at the **YMCA, (308) 995-4050** or stop in at **1415 Broadway in Holdrege**.

Local collaborating partners: YMCA of the Prairie, Two Rivers Public Health, Phelps Memorial Health Center, Holdrege Public Schools, Family Medical Specialties (Dr. Scott Ehresman and Connie Lans, P-A) and the University of Nebraska-Lincoln Extension Phelps County.

