



Would your FAMILY like to work together as a team to become healthier for life?

If your answer is YES, then enroll in the Families Fit for LIFE Program

Where: Health First Center at Valley Hills Mall

When: Saturday, February 2, 2008

Time: 10 am - 12 noon

Families that meet the following requirements are eligible to register:

- Must live in Catawba County.
• Must have a minimum of one adult (parent or guardian) and one child between 5-18 years of age to make a team.

Once eligible the families must agree to the following requirements:

- Must register and pay a \$10 non-refundable enrollment fee per team by Thursday, February 7th to Catawba Valley YMCA.
• Must be able to attend a 2 hour kick off breakfast session on Saturday, February 16th from 9-11 am.
• Weigh in at the beginning, middle, and end at the Hickory YMCA.
• Attend a minimum of seven educational classes within the 10 week program.
• Attend a celebration ceremony on Saturday, May 3rd, 2008 at Hickory YMCA Teen Center.

Prize Awards for the family with the highest average weight loss per team include:

- 1st place: \$500 and a 6 month full family membership to the YMCA
2nd place: \$300 and a 3 month full family membership to the YMCA
3rd place: \$200

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Families Fit For LIFE is a 10 week program that will provide education about healthy eating, physical activity, and resources in the community. It will empower families to live a better quality of Life.
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Program developed by the Eat Smart Move More (ESMM) Catawba County Committee in partnership with Catawba County Health Partners, Catawba County Public Health, Catawba Valley Medical Center, YMCA & NC Cooperative Extension. Funding provided by a statewide Healthy Carolinians grant.

For more information visit www.catawbacountyhp.org or call 695-5861.