

M.I.G.H.T.Y

MOVING, IMPROVING, AND GAINING HEALTH TOGETHER AT THE YMCA

MIGHTY is an evidence-based, multi-component pediatric weight management program for children with a body mass index above the 95th percentile. This free program meets twice per month, over a six-month period. During each 2 hour session, children and their families engage with exercise specialists, nutritionists and behavioral health workers in classroom instruction and group exercise sessions.

Benefits include

- Make New Friends
- Be physically active
- Develop life long healthy habits and eating behaviors
- Gain new tools to maintain a healthy weight



PROGRAM ELIGIBILITY

- Children ages 8—10
- Be at or above the 95th percentile for BMI
- Provide a medical clearance form signed by their health care provider

Classes will be held on Tuesdays from 4-6 pm at the YMCA of Greater Westfield (67 Court Street, Westfield, MA)

A registration session will be held on Thursday, February 4 at 4PM with the participant and families

NOW ENROLLING – SPACE IS LIMITED

To register, contact Cindy Agan, Health & Wellness Director
413-568-8631 · cagan@westfieldymca.org · www.westfieldymca.org

MIGHTY is a collaboration of the YMCA of Greater Westfield and Baystate Children's Hospital. The program is funded by a grant from Kohl's Cares.



**Baystate
Children's Hospital.**

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YMCA OF GREATER WESTFIELD

