



PRISMA HEALTH  
Tuomey Hospital

PRISMA  
HEALTH<sup>SM</sup>

# EMPOWERING FAMILIES TO LIVE HEALTHIER

## Healthy Weight and Your Child Sumter Family YMCA

### PROGRAM OVERVIEW

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders for the duration of the 25-session program.

### WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

### TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight (Body mass index of the 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

**LEARN MORE** contact Missy Corrigan (803) 773-1404



# HEALTHY WEIGHT AND YOUR CHILD

Program Dates: February 6, 2020 - May 21, 2020

Tuesdays and Thursdays 3:45 pm - 5:45 pm at the Sumter Family YMCA

Wear comfortable clothing for physical activity

## REGISTRATION begins January 2, 2020

Please bring this referral to the Sumter YMCA to register for the program.

Eligibility will be confirmed prior to program start date.

Childcare available during class times for legal dependent children in the family that do not qualify for participating in this specific program.

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## PROGRAM REFERRAL

Provide a referral for your patient to participate in **Healthy Weight and Your Child** today.

PATIENT'S NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

### Please check requirements for eligibility:

Age 7-13	Y/N
BMI at least in 95th percentile	Y/N
Has an adult available to attend with them	Y/N
Is medically cleared to attend by physician	Y/N

Health Care Provider: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE #: \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_/\_\_\_\_

Provider Signature

Date

\_\_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Signature      Date

\*I authorize the use and disclosure of both my and my child's health information for the purpose of this program.