



# FAMILY PROGRAM

CHECK OUT OUR WEBSITE FOR MORE INFORMATION!


## WHAT IS GOAL?

GOAL is a **free** health education and coaching program for families with kids ages 7-17. It is an opportunity for families to come together and learn about healthy eating, physical activity, and building healthy habits. In the weekly sessions, families will participate in group discussions, hands-on demonstrations, activities, and games. At least one parent, guardian, or adult family member will need to attend with their child each week. You do **not** need a YMCA membership to participate!


## WHAT WILL WE LEARN ABOUT?

- Balanced eating
- Label reading
- Sugar-sweetened beverages
- Healthy sleep habits
- Goal setting
- Motivation
- Physical activity education and habits
- Enjoying physical activity
- A lot more!

## WHEN:

 Wednesday nights

 6:00-7:30pm

 February 26 - April 30

## WHERE:


**Owen County Family YMCA**


1111 IN-46  
Spencer, IN 47460

## QUESTIONS:

Please contact the GOAL program manager for more information! The registration deadline is February 21.

**Cheryl Kilmark**

 [ckilmark@iu.edu](mailto:ckilmark@iu.edu)

 812-856-5004

