

Did you know? When young people learn to make small changes in what they eat and how active they are, we can make a big difference in our health over time.

empower ME 4Life

What is EmpowerME,?

A FREE, 8-session course that teaches the basics of healthy eating and active lifestyles to kids age 8-12 .

Each 45-minute session of EmpowerME4Life is grounded in the American Heart Association's recommendations and expertise in promoting heart-healthy lifestyles. The educational content and methods are aligned with the National Health Education Standards for fifth grade.

Who? Kids age 8-12

What? A fun and practical 8-session healthy living course equipping kids with new attitudes, skills and knowledge about eating better and moving more – 4LIFE

When? Tuesdays at 6:30 P.M. Starting Feb. 23rd

Where? Bethany YMCA

How Much? FREE



Additional information at www.ymcaokc.org or contact Terry Shreffler tshreffl@ymcaokc.org (405)290-5063

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.