



WHAM!

wellness, health, action & motivation



A free class to help a child or teen eat well and be more active.

STEP 1

Tell the child or teen about WHAM!

Tell the child or teen WHAM! is a fun class to help learn how to make healthy choices while becoming more fit. WHAM! can help children and teens who are:

- 6-18 years old
- Overweight

STEP 2

Tell a caregiver of the child or teen about WHAM!

WHAM! is a family-based class. Support will help the child or teen become healthier.

- The child or teen must attend
- **One parent or guardian must attend**
- Can have one other family member attend
- Up to three people can attend in one family



STEP 3

The family calls to book a class at (501) 364-4000 (Option 5).

Classes are held one Saturday every month from 9 a.m. - 12:30 p.m.

Everyone attending will need to be able to do a group physical activity.

A light lunch will be provided. The class will help teach:

- Healthy food and drink choices
- Cooking and finding healthy food
- Starting a workout
- Making and meeting goals

2015 Dates

January 10

February 7

March 7

April 4

May 2

June 6

July 11

August 1

September 5

October 3

November 7

December 5



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Questions? Call (501) 364-1264.