

# Kohl's Family Collaborative

## DEAC-FIT Fairs

# A Free Health Screen

**Date:** Every 2<sup>nd</sup> Saturday of the Month  
February 2010—July 2010

**Time:** 9am-11am

**Location:** The Kohl's Family Collaborative  
2<sup>nd</sup> floor of the Gateway YWCA  
1300 S. Main St., Winston-Salem, NC 27101

### Services provided

**Adults:** Glucose, Cholesterol, Blood pressure, Body Mass Index, Vision, Smoking Cessation, Nutrition and Physical Activity Assessment

**Children:** Blood pressure, Body Mass Index, Vision, Nutrition / Activity Assessment

**Referrals:** As needed to medical providers (including uninsured families), Smoking Cessation, Food Banks & Hunger-relief Efforts, and Educational Health Materials

We will conduct 30 screens each session on a first come basis.  
We encourage you to arrive early to receive your screen.

### Who Are We?

**Kohl's Family Collaborative:** The Kohl's Family Collaborative is an innovative partnership between the Wake Forest Baptist Medical Center and the YWCA. We are dedicated to improving the health of children and families in our community focusing on the prevention of childhood obesity. Through interactive programs and discussions our hope is to support families as they make positive steps in their prevention efforts.

**DEAC:** The Delivering Equal Access to Care (DEAC) Clinic of Wake Forest University School of Medicine (WFUSM) is a student-led initiative. The DEAC Clinic is an entirely student-run free health clinic serving the long-term primary care health needs of the underserved community in Forsyth County.

You want to be healthy... we want to help



eliminating racism  
empowering women  
ywca

# Kohl's Family Collaborative

## FIT Movement

### A Free Exercise Discovery Class

Date: Every Saturday, February 2010—March 2010

Time: 10am-11am

Location: The Multi-purpose Room  
1<sup>st</sup> floor of the Gateway YWCA, 1300 S. Main St.

FIT Movement is a fitness series developed to spotlight 8 different family friendly exercise opportunities available in your community. Are you new to exercise? Looking to mix up your exercise routine? Bring your family to the Gateway YWCA and join the staff from Brenner Children's Hospital for FIT Movement!

#### Who Are We?

**Kohl's Family Collaborative:** The Kohl's Family Collaborative is an innovative partnership between the Wake Forest Baptist Medical Center and the YWCA. We are dedicated to improving the health of children and families in our community focusing on the prevention of childhood obesity. Through interactive programs and discussions our hope is to support families as they make positive steps in their prevention efforts.

Hula Hoop, Yoga, Pilates, Zumba, Tai-Chi, Train for a 5K

**Participants:** Age 8 to Adult (Children 8-14 must be accompanied by an Adult)

**Cost:** Program is Free to both Community members and YWCA members.

**Daycare:** At this time we are unable to provide daycare to non-YWCA members.



You want to be healthy... we want to help

# Kohl's Family Collaborative

## FIT Nutrition: Toddlers & Picky Eaters

Based on Ellyn Satter's  
Feeding with Love and Good Sense



**Date:** February 2 & 16, 2010, A Two Class Series

**Time:** 9:30am-11am

**Location:** The Kohl's Family Collaborative  
2<sup>nd</sup> floor of the Gateway YWCA  
1300 S. Main St., Winston-Salem, NC 27101

FIT Nutrition is a two class series addressing the challenges of feeding toddlers. This series is led by a registered dietician and licensed counselor. FIT Nutrition assists parents in addressing issues such as: picky eating, over/under feeding, food variety, refusal to eat, portion size, and how relationships between parents/children are affected by feeding. The February program is free to participants through the contribution of The Kohl's Family Collaborative. Daycare available when pre-arranged during registration.

To Register please notify Sara Ebbers at [sebbers@wfubmc.edu](mailto:sebbers@wfubmc.edu) or 722-5138 ex 318.

You want to be healthy... we want to help



eliminating racism  
empowering women  
ywca



### Who Are We?

#### **Kohl's Family**

**Collaborative:** The Kohl's Family Collaborative is an innovative partnership between the Wake Forest Baptist Medical Center and the YWCA. We are dedicated to improving the health of children and families in our community focusing on the prevention of childhood obesity. Through interactive programs and discussions our hope is to support families as they make positive steps in their prevention efforts.