



We can! Healthy Berrien

We Can!™ is a trademark of the U.S. DHHS

We Can! Be Healthy Classes for Parents and Kids (ages 8-13)

Join us for a six-week program that brings families together in a fun atmosphere to focus on healthy eating, exercise, and decreasing screen time. Kids will prepare and share a snack together as they learn about nutrition. Each class will offer a half hour of fun activities disguised as exercise! One parent is required to attend each week.

Thursdays, October 1
through November 5
4:30 to 6 p.m.
Benton Harbor-St. Joseph YMCA
3665 Hollywood Road, St. Joseph

Sundays, October 4
through November 8
1 to 2:30 p.m.
Niles-Buchanan YMCA
905 North Front Street, Niles

Tuesdays, October 6
through November 10
4:30 to 6 p.m.
Sylvester Elementary School
1 Sylvester Avenue, Berrien Springs

For more information or to register for the Niles or Berrien Springs sessions, call (269) 556-7171. For more information or to register for the St. Joseph session, call (269) 428-9622.

Thursdays, October 1
through November 5
4:30 to 6 p.m.
Benton Harbor-St. Joseph YMCA
3665 Hollywood Road, St. Joseph

Sundays, October 4
through November 8
1 to 2:30 p.m.
Niles-Buchanan YMCA
905 North Front Street, Niles

Tuesdays, October 6
through November 10
4:30 to 6 p.m.
Sylvester Elementary School
1 Sylvester Avenue, Berrien Springs

For more information or to register for the Niles or Berrien Springs sessions, call (269) 556-7171. For more information or to register for the St. Joseph session, call (269) 428-9622.



We can! Healthy Berrien

We Can!™ is a trademark of the U.S. DHHS

We Can! Be Healthy Classes for Parents and Kids (ages 8-13)

Join us for a six-week program that brings families together in a fun atmosphere to focus on healthy eating, exercise, and decreasing screen time. Kids will prepare and share a snack together as they learn about nutrition. Each class will offer a half hour of fun activities disguised as exercise! One parent is required to attend each week.