

## Attention Local Physicians and School Nurses:

**Recruitment for the Get Fit, Get Healthy, Get Movin' June 2010 group is officially under way.**



### **What is Get Fit, Get Healthy, Get Movin' (G3)?**

A 12-month weight management program which focuses on creating healthy behaviors for both child and parents/guardians. Participant activities include case management appointments, children classes, parent classes, and a celebration event. The program is offered in English and Spanish.

### **Who should you refer?**

- Children who are 6-15 years of age, AND
- Are diagnosed as overweight or obese (BMI 24 or greater), AND
- Live or go to school in Williamson County

### **How do you refer?**

- Complete the attached Referral Form and send to Williamson County and Cities Health District  
Fax: 512-248-3286 OR Email: [healthed@wcchd.org](mailto:healthed@wcchd.org)

*Please note: Referrals received after June 4, 2010 5:00pm will automatically be put on the January 2011 waiting list*

Visit us on the web at:

<http://www.wcchd.org/Services/HealthEd/ChildrenHealthEd.htm>