



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE A CHAMPION OF HEALTH AND WELLNESS!

## YMCA CHILDCARE RESOURCE SERVICE

**THE WELLNESS CHAMPION PROGRAM AT CRS** offers free training, support and coaching to child care providers. Our Health Educators will assist providers to enhance their knowledge and expertise in the areas of nutrition and physical activity. As a WELLNESS CHAMPION, your child care program will be a preferred referral when parents contact our Child Care Referral line.

## FREE BENEFITS TO PROVIDERS

- Preferred referrals to promote your child care program
- Healthy Food & Activities Workshop
- Individualized follow-up coaching
- WELLNESS CHAMPION Certificate
- WELLNESS CHAMPION Decal to display at your child care site
- Discounted membership at your local family YMCA

## FOR MORE INFORMATION

Contact Josh Bariuan at:  
PHONE 619-521-3055 ext. 2242  
E-MAIL [jbariuan@ymca.org](mailto:jbariuan@ymca.org)  
WEB <http://bit.ly/wellnesschamps>

## MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

