



**According to the national campaign, Let's Move, over the past three decades childhood obesity rates in America have tripled, and today nearly one in three children in America are considered overweight or obese.**

The Citrus County YMCA is taking a proactive approach with the organization of the CATCH Kids Club program. The YMCA CATCH Kids Club is an after school program which implements curriculum focused on impacting children's health behaviors and fitness by providing opportunities for physical activities and nutrition education.



To help support the program the Nature Coast Volunteer Center and Retired & Senior Volunteer Program are seeking volunteers interested in serving one or more days per week assisting the YMCA CATCH Coordinator with facilitation of the curriculum and helping children with hands-on-activities. Volunteer assistance is needed on weekdays from the hours of 3:00 to 6:00 p.m. The program location is the St. Pope John Paul II Catholic School, 4301 W. Homosassa Trail, Lecanto.

**For more information on how you can help please contact the NCVC at 352-527-5950 or via e-mail [ncvc@bocc.citrus.fl.us](mailto:ncvc@bocc.citrus.fl.us).**