Cherokee Turning Point curriculum is based on the pilot research study led by the Eastern Band Cherokee Indians and the University of North Carolina at Chapel Hill. However, this CTP program is not part of the research study.

CTP will address healthy eating and physical activity designed to help prevent type 2 diabetes in Cherokee youth.

This project is sponsored by Cherokee Choices & Cherokee Indian Hospital.
Cherokee Turning Point
Family Program

6 Group Education Sessions
- Mondays 4:30-6:00pm
- Kid’s Workout 3:30-4:30 (kid’s come directly off of bus): relay games, swimming, yoga, scavenger hunt, body strengthening, basketball
- Held weekly at the Ginger Lynn Welch Community Room
- Supper will be provided
- Sessions include FUN, interactive learning focusing on physical activity, nutrition, stress management and goal tracking.
- Healthy Holidays Celebration

2 Family Health Sessions:
- Scheduled at your convenience
- Includes a health assessment, education & plan that fits your family’s needs for healthy living.

Cherokee Turning Point starts:
Starts Monday September 12th

Requirements:
- Child is 7-12 years old
- Child is an enrolled member of the Eastern Band Cherokee Indians
- Child is overweight (>85th% BMI) or is at high risk for diabetes
- Child and Parent or Primary caregiver are committed to attend a minimum of 5 out of 6 classes & Health Sessions.

Space is Limited.
To sign-up or for more info contact:
Robin Callahan, MHS, RD, LDN, 828-359-6785 robibail@nc-cherokee.com
Rose James, RN 828-359-6787, rosejame@nc-cherokee.com
Chrystal Frank, MS-MPH, RD, LDN (828) 497-9163 ext. 6806 chrystal.frank@cherokeehospital.org

Measurements will be taken at the beginning & end of the program:
- Height, weight, waist circumference
- Fitness Test
- Survey forms