



# SOUTHERN TIER COMMUNITY CENTER

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Family  
NOW

Family Nutrition and  
Overall Wellness

An innovative program that improves the physical health and wellness of mothers, while preventing future health problems in small children.

## OUR COMMITMENT TO COMMUNITY HEALTH

Maximize health outcomes and minimize avoidable healthcare costs for mothers and their families.

**FAMILYNOW@CHOWC.ORG**  
1 CLUBHOUSE RD., ENDICOTT, NY 13760

## AN ELIGIBLE PARTICIPANT MUST BE:

- A woman between the ages of 18 and 40.
- A mother of child(ren) under the age of 17.
- A Medicaid recipient.

# PROGRAM HIGHLIGHTS

- ▶ Free physical fitness and nutrition opportunities:
  - Small and whole group fitness classes
  - Family-centered fitness and aquatics activities
  - Access to VINES Farm Share
- ▶ Free healthy-cooking classes and nutrition workshops led by local, expert chefs.
- ▶ Free, reliable transportation services to and from program activities and healthcare appointments.

**FAMILY NOW PARTICIPANTS WILL HAVE FULL ACCESS TO OUR FITNESS AND AQUATICS CENTERS, DURING ALL HOURS OF STCC OPERATION.**



Our Family NOW nurses and community health workers will work with you to design individualized health plans, identify goals and gaps in whole-health care, and provide health navigation services that meet your unique needs.

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