



Wellness

# Eat Better, Get Moving

## A Family Weight Management Program

Saturdays, September 11 - October 16  
10 a.m. -12 p.m.

This is a six-week intensive education program designed for children ages 6-11 years who are overweight or at-risk for becoming overweight and their families. This is a research based, developmentally appropriate program that centers around the impact that the family can have in making healthy choices. The classes are developed by a registered dietician and an educator and are taught by an interdisciplinary team of professionals consisting of registered dietitians, health educators, exercise specialists, and Child Life Education staff.

Program includes:

- Family Centered Nutrition Education
- Break out sessions with Parent Focused Education and Child Focused Activities
- Exposure to fun activities that emphasize the importance of physical activity, healthier eating, and responsibility for making better choices
- Access to a Registered Dietician regarding food records and progress
- Skill Building Take Home Activities

Cost: \$100 per family which includes the intensive education program plus six-weeks of access to the CHC Wellness. Some scholarships available.

For more information call Lisa Malone (901) 259-4673, ext 1637 or email [malonel@churchhealthcenter.org](mailto:malonel@churchhealthcenter.org)