



PEDIATRIC WEIGHT MANAGEMENT PROGRAMS

Hayward, Fremont, and Union City

Nourished Family Program

For kids in junior high or high school with their parent(s)

You are invited to our family-centered program, which focuses on building lifelong healthy habits and making changes as a family. We will talk about healthy eating and fitness, and their impact on your health. Learn about the roles that teens, children, and parents have in building healthy habits and how to stick with these habits through challenging times. At each session, you will do some physical activity and discover helpful cooking tips. Topics change from month to month and center around seasonal themes. Each session is led by our Nourished Family team, which includes a dietitian, social worker, physical therapists, and pediatrician.

Days/ Time:	Offered one Monday each month, January – May, July – November 5:30 – 7:30 p.m. Families are encouraged to attend five evenings.
Location:	Union City Medical Center
Fee (per evening):	\$15/ first child or teen (with two parents or caregiver adults) \$5/ each additional child or teen attending
Registration:	Enroll ahead. Begin any month. Call (510) 784-4531 or (510) 248-3455.

Nutrition to Thrive Drop-In Class

For families with toddlers through teenagers

Weight management class developed by our pediatric registered dietitians. Topics include increasing activity, while lowering sugar and fat, and increasing fiber in meals and snacks. Your family will set specific goals around these topics, which will be followed up by your pediatrician.

Days/ Time:	Mondays, Fridays; 4:00 – 5:00 p.m., Tuesdays 3:00 - 4:00pm
Location:	Hayward Medical Center, Sleepy Hollow Bldg., 1 st floor Pediatric Conference Room
Fee:	<u>No charge</u>
Registration:	Not required, however pre-registration is an option. Call (510) 784-4531 or (510) 248-3455 to register. Or, drop in on the day you want to come.