

WEIGH TO GO

A WEIGHT MANAGEMENT PROGRAM FOR KIDS

Hunterdon Medical Center's Community Nutrition Department, Hunterdon Pediatric Group and the DeerPath YMCA are pleased to present a 4 week nutrition and exercise program for kids ages 7-14. This includes a free 2 month membership to the YMCA. Weigh to Go will promote changes in food habits, exercise and self esteem. A registered dietitian teaches a non-diet approach to weight management with emphasis on making food changes that can be sustained long term. In addition, a qualified member of the YMCA staff will provide supervision and guidance throughout the strength training and cardio-vascular components of the program.

Let us show you how taking steps towards a healthy lifestyle can be fun!!!!

Where: DeerPath YMCA, 144 Woodschurch Rd., Flemington.

Fall 2011 Sessions Start: Wednesdays: 9/14-10/5; 10/12-11/2;
11/16-12/14

Time: 6:30-8:30 p.m. (Nutrition 6:30-8pm, Exercise 8-8:30pm)

Fee: \$90 **Pre-Registration:** Required 908-237-6920

Child and parent(s) required to attend.

Instructor: Nutrition: Michelle Wright, MS, RD, CDE

Exercise: YMCA Fitness Staff