







# **FOR HEALTH - PROGRAM**

A <u>Family-OR</u>iented <u>Healthy Eating</u>, <u>Activity and Lifestyle Training with <u>Hands-on experience</u></u>

A New Study for London Families with Preschool Children aged 2 years 9 months - 6 years with weight concerns

Investigators: Dr. Dirk E. Bock MD, Piotr Wilk PhD Children's Hospital, LHSC, Western University



## **Benefits of Participating**

- ➤ Free 6-months YMCA Family Membership while enrolled in program!
- > Work with dietitian while in the program
- Expert-led Activity classes for kids
- > Learn about developing a healthier lifestyle
- Family Fun incl. Food Tasting & Cooking

#### **WHERE:**

YMCA London, Centre Branch, 382 Waterloo St. (Free Parking and free sibling-daycare for participants)

## WHAT / WHEN:

Practical, interactive sessions on healthy eating, activity, and lifestyle aspects: weekly for 6 weeks, followed by 6 biweekly, and 2 monthly sessions.

FOR HEALTH is currently recruiting & accepting referrals!

### **Information ("FOR HEALTH" Study Coordinator):**

**(519)** 685-8500, ext. 56816

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https://www.facebook.com/pages/For-Health-Program/185319061619205?ref=hl

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