DURING THE SESSIONS, YOU AND YOUR FAMILY WILL LEARN HOW TO:

- Make healthy food choices.
- Control portion sizes.
- Eat only when you are hungry.
- Get physically active.
- Feel better and improve your self–esteem.
- Stay motivated and work together.

COST WON'T KEEP YOU FROM JOINING THE PROGRAM:

- We accept most insurance plans.
- We also offer a sliding scale based on family income and the number of dependents in the household.
- No referral needed.

Kids Weight Down Program
Maimonides Infants & Children's
Hospital of Brooklyn
941 48th Street
Brooklyn, New York 11219
718.283.8020
www.maimonidesmed.org/childweightloss

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Helping Your Child Lead a Healthy Life

Kids Weight Down Program...
making changes now can protect your child's future.

The Kids Weight Down Program provides effective weight loss services for overweight children, adolescents and their families at Maimonides Infants and Children's Hospital of Brooklyn. We teach families healthy nutritional habits and increase physical activity through nutrition counseling, group and individual sessions, and exercise classes.

WE HELP CHILDREN TO:

- Control weight.
- Improve self-esteem.
- Lower cholesterol.
- Lower the risk for diabetes.

OUR OUTSTANDING STAFF INCLUDES:

- Endocrinologists.
- Nutritionists.
- Psychologists.
- Exercise physiologists.

WE WORK WITH:

- Overweight children up to age 19.
- Children and adolescents who are at risk for or who have medical problems, such as high cholesterol.

To get started or for further information, call the Kids Weight Down Program now: 718.283.8020

WE OFFER:

- A complete evaluation of your child's medical, nutritional and behavioral needs.
- A personalized plan that addresses your child's health and weight.
- Individual or group sessions that encourage you and your child to adopt healthy eating habits and increase physical activity.
- Exercise and parent education classes.
- Convenient after–school hours.