



**Hunterdon Healthcare**

Your full circle of care.

[www.hunterdonhealthcare.org](http://www.hunterdonhealthcare.org)

Center for Nutrition & Diabetes Management

Wescott Medical Arts Center

9100 Wescott Drive, Suite 102, Flemington, NJ 08822, Phone: 908-237-6920



**FREE 2 MONTH  
MEMBERSHIP  
TO THE YMCA!**

# WEIGH TO GO

## A WEIGHT MANAGEMENT PROGRAM FOR KIDS

Hunterdon Medical Center's Center for Nutrition and Diabetes, 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 cardiovascular components of the program.

**Taking steps towards a healthy lifestyle can be fun!**

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

**When:** Next Session Wednesday January 9<sup>th</sup> - January 30<sup>th</sup>

**Time:** 6:00-7:30 p.m. (Nutrition 6:00-7:00 p.m., Exercise 7:00-7:30 p.m.)

**Fee: \$95**

**Pre-Registration is Required:** 908-237-6920

**Who:** Child and parent(s) need to attend.

**Instructors:** Nutrition: Michelle Wright, MS, RD, CDE

Exercise: YMCA Fitness Staff