

# Concerned about your child's weight or health?



## Join Brenner FIT<sup>®</sup> Academy

FREE 6-week virtual program for parents and caregivers

### Why Choose Brenner FIT<sup>®</sup> Academy?

- Focuses on **lasting lifestyle habits**—not restrictive diets or intense exercise
- Provides **practical strategies** for:
  - Developing a healthy relationship with food
  - Family routines, planning meals and picky eating
  - Physical activity and screen time
  - Sensitive topics like weight
- Led by experienced Brenner FIT staff in a **supportive, judgment-free environment**

### Upcoming Session:

**Starts January 22, 2026**

Thursdays, 6:30–7:30 PM

Registration is  
required to ensure  
availability.

