

Concerned about your child's weight or health?



Join Brenner FIT[®] Academy

FREE 6-week virtual program for parents and caregivers

Why Choose Brenner FIT[®] 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 September 17, 2026

Thursdays, 6:30–7:30 PM

Registration is required to ensure availability.

