

# Concerned about your child's weight or health?

## Join Brenner FIT<sup>®</sup> Academy: For Families

### FREE 6-week virtual program

- For parents concerned about their child's weight or health (ages 2–18)
- Weekday evening sessions (1 hour, mostly for adults)
- Focus on lifestyle changes, not restrictive diets or strict exercise
- Created and led by Brenner FIT staff
- No referral needed



Join today to start building lasting habits for your family!

### Upcoming 2025 Session

Starts January 30, 2025

Thursdays, 6:30–7:30 PM

Registration is required to ensure availability.

