## Concerned about your child's weight or health?

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

#### 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

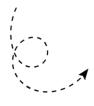


#### Join today to start building lasting habits for your family!

#### Upcoming 2025 Session

**Starts August 21, 2025** Thursdays, 6:30–7:30 PM

### Registration is required to ensure availability.







**Atrium** Health Levine Children's brennerchildrens.org/BrennerFITAcademy

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