

Are you concerned about your child's weight or health?

Join Brenner FIT[®] Academy: For Families

What is Brenner FIT[®] Academy: For Families?

The Brenner FIT Academy: For Families is a group version of the Brenner FIT medical and behavioral treatment program, a part of Brenner Children's Hospital at Atrium Health Wake Forest Baptist. The program is **FREE** and will guide your family toward lifestyle changes without using restrictive diets or strict exercise plans.



Who can join?

- Anyone who is concerned about their child's weight or health (ages 2 to 18)
- No referral required
- Sessions intended for adults only; children and teens will participate for certain activities



How long is the program?

- The program lasts 8 weeks
- Classes are virtual and happen weekly for one hour in the evening
- Strong internet connection helpful



What will we learn?

- How to raise kids who feel good about eating and their bodies
- Fun ways to be active together in a world on constant screens
- Ways to prepare affordable meals at home
- How to make changes together as a family that will last a lifetime



Join today to lead your family toward habit changes that will last a lifetime.

Registration is required to ensure availability.



Scan to learn more and register for an upcoming series