

Concerned about your child's weight or health?

Join Brenner FIT[®] Academy: For Families

- **6-week virtual program** held on weekday evenings
- For anyone who is **concerned about their child's weight or health** (ages 2 to 18)
- Most sessions are **intended for adults** and last about 1 hour.
- Will guide your family toward **lifestyle changes** without using restrictive diets or strict exercise plans.
- **Group sessions** created by Brenner FIT, a pediatric weight management program.
- Led by a Brenner FIT-trained **Family Support Specialist** and **Registered Dietitian**
- **No referral required**



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

Upcoming Fall 2024 Sessions

August 27, 2024

- Tuesdays from 6:30-7:30pm

October 15, 2024

- Tuesdays from 6:30-7:30pm

Registration is required to ensure availability.

