

**FREE 2 MONTH
MEMBERSHIP
TO THE YMCA!**

WEIGH TO GO

A WEIGHT MANAGEMENT PROGRAM FOR KIDS

Hunterdon Medical Center's Center for Nutrition and Diabetes, Hunterdon Pediatric Group, and the DeerPath YMCA are pleased to present a **4 week** nutrition and exercise program for kids ages 7-14.

This includes a free 2 month membership to the YMCA.

Weigh to Go will promote changes in food habits, exercise and self esteem. A registered dietitian teaches a non-diet approach to weight management with emphasis on making food changes that can be sustained long term. In addition, a qualified member of the YMCA staff will provide supervision and guidance throughout the strength training and cardiovascular components of the program.

Taking steps towards a healthy lifestyle can be fun!

Where: DeerPath YMCA, 144 Woodschurch Rd., Flemington.

When: Next Session Wednesday September 27th,

October 11th, 18th, and 25th (please note: no class Oct 4th)

Time: 6:30-8:00 p.m. (Nutrition 6:30-7:30 p.m., Exercise 7:30-8 p.m.)

Fee: **FREE with generous support from the Hunterdon & Mercer County Regional Chronic Disease Coalition**

Pre-Registration is Required: 908-237-6920

Who: Child and parent(s) need to attend.

Instructors: Nutrition: Michelle Wright, MS, RD, CDE

Exercise: YMCA Fitness Staff