

Zoom to Health!

A new research treatment program for English and Spanish speaking families with young children who are overweight.

- Who:** Parents and children ages 2-9 years
(children must have a BMI at or above the 85th percentile)
- What:** Eight weekly meetings for small groups of families plus one orientation session. Parents and children will meet separately. Parents will meet with experts in nutrition and psychology, while children have a lesson, play and exercise in another room. Your other children ages 2 to 12 will also be invited to participate in the lesson and activities. You will be able to keep children under 2 with you during meetings. A light, healthy meal will be served at each session.
- When:** Groups will be held on a rolling basis. Daytime and evening groups are available.
- Where:** Don Chisholm Center
610 E 22nd Street, Kansas City, MO 64108
*on the north side, across from Children's Mercy Hospital

Please note that your child must have had a medical check-up for their weight within the 3 months before the program begins. Most children will need to have had lab work (blood draws) done as a part of that check-up. Call the hotline for details on this requirement.

Please contact our program hotline at 816-234-9234 if you are interested!



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