

# Concerned About Your Child's Weight?

Healthy Lifestyle Program for  
Overweight Children and Teens  
Ages 8-12 and 13-15



Over 80% of children lose weight ~ parents participate and lose weight too!

A proven long term weight-loss program for children

Teaches healthy lifestyle eating and exercise habits for the entire family

Created by experts in treating overweight children

Six-month weekly program

Financial assistance is available

Classes in English and Spanish

**Sessions Ongoing – CALL TODAY!**  
Pre-registration is required

To find out if your child is overweight and would benefit from our program, please call Cindy Zedeck, Program Director (650) 725-4424

<http://pediatricweightcontrol.lpch.org>

Lucile Packard Children's Hospital at Stanford  
and Stanford University School of Medicine

## Packard Pediatric Weight Control Program

Part of the Center for Healthy Weight

Lucile Packard  
Children's Hospital  
AT STANFORD

