



Teen Wellness Center

The Teen Wellness Center is a supervised, safe place for children and teens to work out and learn about the benefits of healthy eating... **get active, get healthy and have fun!**

The facility offers a Hydraulic Strength Circuit, Medicine Balls, Recumbent Bikes, Upright Bikes, Elliptical Machines and more ...

It is recommended that children and teens plan for a 30 to 60 minute workout session. Parents or care givers will be able to wait in our lounge area until the workout session is completed.

For more information or eligibility, please call Mott Children's Health Center at (810) 767-5750, ext. 5318.

Hours of Operation

Tuesday: 3:00 - 6:00pm

Thursday: 3:00 - 6:00pm

Reservations must be made prior to arriving at the Teen Wellness Center by calling (810) 237-7572.

Eligibility:

- The Program is for children and adolescents 10 to 21 years of age with a BMI-for-age percentile of 85% or more when joining the program.
- Children and youth must be residing in *Genesee County*.
- The parent/legal guardian must complete an orientation session prior to children/teens joining the Teen Wellness Center.