



Exercise and Nutrition Programs For Children and Adolescents Winter/Spring Schedule 2010

Family Nutrition and Fitness Program

This five week program is for school-age children and their families who would like to learn about nutrition, healthy eating and physical activity. Fun activities and healthy snacks are included!

Class Time: Every Monday from
5:00-6:00pm

Location: Mott Children's Health Center
806 Tuuri Place
Flint, MI 48503

Date: January 25 through
February 22, 2010

Contact Information:
Ulrike Torfeh (810) 767-5750, ext. 5318



This program takes a balanced approach to eating. The focus is balancing calories for growth while reducing fat and sugar and increasing daily physical activity. Classes include topics of nutrition and structured physical activities.

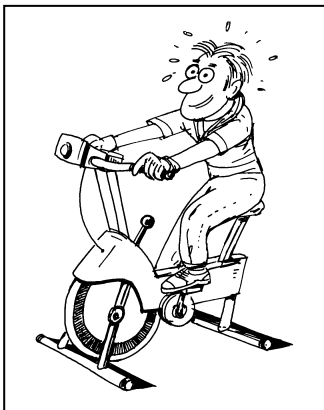
Age recommendation: 8-14

Class Time: Every Monday from
4:30 to 6:00pm

Location: Mott Children's Health Center
806 Tuuri Place
Flint, MI 48503

Date: March 1 through
April 26, 2010
(No class on April 5, 2010)


Contact Information:
Robyn Polacek (810) 767-5750, ext.5378
Ulrike Torfeh (810) 767-5750, ext. 5318



Nutrition Consultation

Teaching Nutrition Basics and ways to reach and maintain a healthy weight! To make an appointment please call (810) 237-7572.

Programs and classes are free for children living in Genesee County.

 The **Teen Wellness Center** is a supervised, safe place for children and teens to work out and learn about healthy eating. Please see back of page for additional information.