

Pediatric Weight Control Program

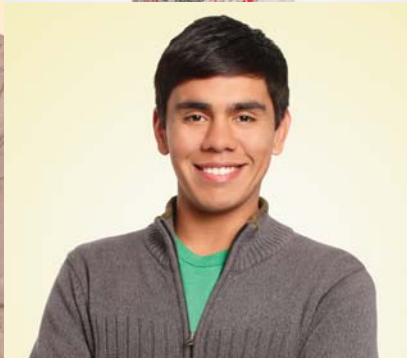
Helping kids change the way they see themselves,
one pound at a time.

Concerned about a child's weight? The Pediatric Weight Control Program can help.

This six-month program helps overweight children ages 8 to 15 and their families develop lifelong healthy habits. Eighty percent of children participating in these classes achieve age-appropriate weight reduction.

Groups are forming now. Classes offered in English and Spanish. The participation of at least one parent or guardian per child is required.

Call **(650) 725-4424** or visit **pediatricweightcontrol.lpch.org** for more information and stories about the participants featured here.



Lucile Packard
Children's Hospital
at Stanford