


# Weigh To Go

## *A Weight Management Program for Kids*



Join us for this fun 4-week nutrition and exercise program for kids ages 10-14 (with their parents)! This program includes a **free 2-month membership** to the Wellness Center! (Children under 12 must be accompanied by a parent when exercising at the Wellness Center(s).

Your child will learn a non-diet approach to healthy eating and new ways to enjoy activity.

**Dates:** April 11 to May 2 from 6–7:30 p.m. (Nutrition 6–7, Exercise 7–7:30).

**Location:** Hunterdon Health and Wellness Center at Whitehouse Station  
537 US 22  
Whitehouse Station, NJ 08889

**Cost:** \$95. Prepayment is required.  
Call 908-237-6920.

Parent(s) and child need to attend!

**Registration required. 908-237-6920.**

This program is provided by Hunterdon Medical Center's

- Center for Nutrition and Diabetes
- Hunterdon Pediatric Group
- Hunterdon Health and Wellness Centers



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