



Better nutrition for children who are overweight

a **FREE** program for parents

When it comes to overweight children, experts agree on two things. First, we need to help children develop habits that will help them reach their optimal size. And second, that should not involve putting a child on a diet. Because children are growing and learning every minute of the day, they have unique nutritional needs. You can learn how to fuel your child's healthy growth and development while addressing weight concerns at this special program, offered by pediatric weight management experts from Children's Hospital of The King's Daughters.

Wednesday, March 4, 7-8:30 p.m.

Williamsburg James City County Recreation Center
5301 Longhill Road, Williamsburg



To register for this program, call 668-7035.

To learn about CHKD's weight management program, visit www.chkd.org/healthyyou.