



FMH Wellness Center
A Division of Frederick Memorial Healthcare System
www.fmh.org

“The Healthy Weigh”

For Kids

Nutrition & Weight Management Program

HEALTH

goals

self-respect



Education

exercise

self-discipline

Call us to schedule your private consultation

FMH Wellness Center

~ FSK Mall - Frederick ~

240-379-6020



“The Healthy Weigh” For Kids Nutrition & Weight Management Program

The Pediatric Center of Frederick in collaboration with The FMH Wellness Center

present

a weight management program for toddlers ~ teens and their families

WHAT IS IT?

“The Healthy Weigh” For Kids Pediatric Nutrition & Weight Management is a wellness program for children and their families to promote healthy lifestyles. This program focuses on weight management for children (up to age 18) without incorporating a strict diet or calorie level. Our staff recommends getting the whole family involved, a strategy that has been proven effective towards learning healthy habits.

The individual appointments offered by the FMH Wellness Center staff provide flexible, yet structured support to families struggling to apply healthy behaviors. To get started in the program, we recommend a one-hour initial consultation with our dietitian who will evaluate the current eating habits of the child and family. At this time, the dietitian will also make referrals to the exercise specialist and behaviorist. This team of specialists may identify family-centered changes to assist with weight management, along with weekly goals pertaining to nutrition and overall lifestyle.

WHO PROVIDES THE SERVICES?

A team of specialists consisting of licensed dietitians, credentialed exercise specialists and behaviorists supervises the program in.

WHERE IS THE COUNSELING OFFERED?

FMH Wellness Center is located at the FSK Mall, 5500 Buckeystown Pike, Frederick, Maryland, 21703.

WHEN?

We have consultations available at a variety of times including weekdays, evenings and Saturdays to meet the demands of your busy schedule.