

Kids and Teens Healthy Weight Program

The Kids and Teens Healthy Weight Program at Weill Cornell Medicine is a **free series of interactive small group sessions** focusing on healthy eating and other important food and nutrition concepts.

- Developed and led by a Weill Cornell Medicine Pediatric Endocrinologist and a Registered Dietitian.
- Classes are designed to be hands-on, age-appropriate, and fun!
- Prior to registering, children/teens must have an appointment scheduled with one of our pediatric endocrinologists or dietitian for an **initial screening visit**.

Location

Pediatric Sub-Specialty Clinic
505 East 70th Street (at York Avenue)
Third Floor, HT-350 Conference Room
New York, NY 10021

Contact Us / Register

Email: pedsendotele@med.cornell.edu

Call: 646-962-3442 (option 3)

Online Registration & Schedule:

weillcornell.org/kids-and-teens-healthy-weight-program

Scan code for course information:



Weill Cornell Medicine
Pediatric Endocrinology

NewYork-Presbyterian Kids
Komansky Children's Hospital



Program Details

The Kids and Teens Healthy Weight Program is a series of six group sessions offered in the Spring and Fall. The course features guest speakers such as professional chefs and fitness experts. We strongly encourage children/teens come to every session in order to get the full benefit of the program. Topics have included:

- Staying Fit for the Future
- Figuring Out Food Labels
- Healthy Cooking: An Interactive Approach
- Restaurant Dining and Fast Foods
- Children and Exercise Recommendations
- Healthy Snacks for Children and Teens

To register, visit us online at: weillcornell.org/kids-and-teens-healthy-weight-program or call 646-962-3442 (option 3).

*A wonderfully organized and well-thought out program! The material was presented in a way that was interesting for both my son and I, very informative and easy to incorporate into our duties and routines. **We were so glad to have been a part of this program** (and wish that it went on for more weeks!) Thank you!"*

— Jen K., mother of participant

