



Kids and Teens Healthy Weight Program

A program designed to help children and adolescents manage their weight

The *Weill Cornell Kids and Teens Healthy Weight Program*, developed by a Pediatric Endocrinologist and Registered Dietitian, is a series of interactive, age-appropriate small group sessions that focus on healthy eating and other important food and nutrition concepts. Family members and caretakers are encouraged to attend with their children. **We strive to make classes hands-on and fun!**

Topics include **healthy cooking demonstrations, developing meal plans, label reading, fitness and exercise, and how to select nutritious foods.** Sessions include guest speakers such as professional chefs, social workers, and exercise specialists who cover the broad spectrum of developing a healthy diet -- essential to growth, development and weight management.

This program is offered by the Division of Pediatric Endocrinology at Weill Cornell Medicine, affiliated with NewYork-Presbyterian Phyllis and David Komansky Children's Hospital at Weill Cornell Medical Center.

To Register: Children/teens must have an appointment scheduled with one of our Pediatric Endocrinology physicians for an initial screening visit (regular office visit charges apply); they may then register for one or more *Kids and Teens Healthy Weight Program* sessions.

Program Directors



Marisa Censani, MD is board certified in obesity medicine and is the Director of the Pediatric Obesity Program at Weill Cornell Medicine and NYP/Komansky Center for Children's Health.



Isabel Reckson, RD, CDE is a Registered Dietitian and Certified Diabetes Educator at Weill Cornell Medicine and NYP Komansky Children's Hospital specializing the prevention and management of obesity and diabetes.

Registration
Now Open for
Spring 2018
Sessions!

Info/Schedule



Division of Pediatric Endocrinology
Pediatric Sub-Specialty Clinic
505 East 70th Street, 3rd Floor
New York, NY 10021
Phone: 962-646-3442 (option 3)
weillcornell.org/pedsendo

Marisa Censani, MD
Director, Pediatric Obesity Program
Isabel Reckson, RD, CDE
Registered Dietitian/Program Coordinator

 **Weill Cornell Medicine**
Pediatric Endocrinology

 **NewYork-Presbyterian**
Phyllis and David Komansky
Children's Hospital

Kids and Teens Healthy Weight Program

Spring 2018 Program Sessions

Session 1: Staying Fit for the Future: This session is designed for children, teens, and families who want to learn more about nutrition requirements as related to weight management. Topics including calorie, fat, protein, and carbohydrate requirements. Participants will understand their own personal individual recommendations while exploring technology, community resources, and the principles of healthy weight management.

DATE: Thursday, April 19, 2018, 5:00-6:30pm

Session 2: Reading the Nutrition Label and Supermarket Shopping

The focus of this session is to start applying the nutrition recommendations to your child/teen's lifestyle. The interactive approach will teach your child how to read labels and make healthier selections while selecting snacks and meals, and during supermarket shopping.

DATE: Thursday, April 26, 2018, 5:00-6:30pm

Session 3: Healthy Cooking: An Interactive Approach

Our group will start using skills learned in previous sessions to create healthy meals and snacks. Using the knowledge of both natural and packaged foods, our group will start the process of meal planning to create healthy diets that are aimed at weight reduction. A professional chef will demonstrate cooking tools and techniques such as grilling and steaming.

DATE: Thursday, May 10, 2018, 5:00-6:30pm

Session 4: Restaurant Dining and Fast Foods

The session is designed to teach children, teens, and families how to eat healthy while dining out or selecting fast or convenience foods. Bring your favorite takeout restaurant menus! We are going to discover the secrets and tricks of dining out without all the added fats and calories!

DATE: Thursday, May 17, 2018, 5:00-6:30pm

Session 5: Children and Exercise Recommendations

This session features an exercise specialist guest speaker who will discuss age-appropriate exercise recommendations and health benefits. Your child/teen will leave with a realistic, individualized exercise plan.

DATE: Thursday, May 24, 2018, 5:00-6:30pm

Session 6: Healthy Snacks for Children and Teens

This session will be sure to give new ideas and concepts about healthy snacks. Using fun cooking tools, we will taste and prepare healthy snacks that are low in calories and provide necessary vitamins and minerals. A professional chef provides creative snack ideas for school and home.

DATE: Thursday, May 31, 2018, 5:00-6:30pm

How to register

Advance registration is required! Prior to enrollment, all child/teen participants must have an appointment scheduled with one of our Pediatric Endocrinology physicians at Weill Cornell Medicine for an initial screening visit at our practice. **Note: Regular office visit charges apply for this initial screening visit.** The Kids and Teens Healthy Weight Program sessions are FREE of charge.

To register for one or more sessions, or for more information about the program, please email: pendsotele@med.cornell.edu or call 646-962-3442 (select option 3) to speak with Katherine Bardoshi or Koree Richardson. Space is limited! Your child may register for the entire program, or select sessions. All sessions are filled first come, first served.