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 six interactive and age-appropriate small group sessions that focus on healthy eating and other important food and nutrition concepts. **We strive to make classes hands-on and fun!**

Topics include healthy cooking demonstrations, developing meal plans, label reading, fitness and **physical activity**, and **how to select nutritious foods**. We will have guest speakers, including professional chefs and an exercise specialist, who cover the broad spectrum of developing a healthy diet --essential to growth, development and weight management. Family members and caretakers are encouraged to attend with their children.

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

**To Register:** Children/teens **must** have an appointment scheduled with one of our Pediatric Endocrinology physicians or nutritionist prior to the start of the program for an initial screening visit; they may then register.

**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 Children’s Hospital.

**Isabel Reckson, RD, CDE** is a Registered Dietitian and Certified Diabetes Educator at Weill Cornell Medicine and NYP Komansky Children’s Hospital specializing in the prevention and management of obesity and diabetes.
Kids and Teens Healthy Weight Program
Fall 2019 Program Sessions

Session 1: Staying Fit for the Future
This session teaches children, teens, and families about nutritional requirements, focusing on the role of calories, fat, protein, and carbohydrates in health and weight management. Participants will understand their own personal recommendations while exploring technology, community resources, and the principles of healthy weight management.

DATE: Wednesday, September 25, 2019, 5:00-6:30 p.m.

Session 2: Healthy Cooking: An Interactive Approach
During this session, we will learn the basics of healthy cooking and the process of meal planning to create meals and snacks that promote a healthy weight. Our professional chef, Allison Aaron, RD, will demonstrate cooking tools and techniques to achieve these goals.

DATE: Wednesday, October 2, 2019, 5:00-6:30 p.m.

Session 3: Figuring Out Food Labels
This interactive session will teach your child how to read labels and make healthier selections while choosing snacks and meals, as well as during supermarket shopping.

DATE: Wednesday, October 16, 2019, 5:00-6:30 p.m.

Session 4: Restaurant Dining and Fast Foods
This session is designed to teach children, teens, and families how to eat healthy while eating out or when selecting fast/convenience foods. We are going to discover the secrets and tricks of making healthier choices while dining out. Bring your favorite takeout restaurant menus!

DATE: Wednesday, October 23, 2019, 5:00-6:30 p.m.

Session 5: Children and Exercise Recommendations
This session focuses on physical activity recommendations and health benefits. Our exercise specialist, James Mitchell, will discuss and demonstrate age-appropriate exercises. We will help your child/teen develop a realistic, individualized exercise plan.

DATE: Wednesday, October 30, 2019, 5:00-6:30 p.m.

Session 6: Healthy Snacks for Children and Teens
Our healthy snacking session will be sure to give you some new ideas about wonderful snacks to pack or keep around the house. We will taste and prepare healthy snacks that are nutrient-dense and delicious. A professional chef will provide creative snack ideas.

DATE: Wednesday, November 6, 2019, 5:00-6:30 p.m.

Please note: there is no session on October 9th due to the holiday.

*We strongly encourage our participants to come to every session to get the full benefit of the program*

For more information or to register, contact us:
Email: pedsendotele@med.cornell.edu
Call: 646-962-3442 (select option 3) to speak with Katherine Bardhoshi
Register online at:
https://weillcornell.org/kids-and-teens-healthy-weight-program

The registration deadline is **September 1st**

*Space is limited! All sessions are first come, first serve.*