



**Lake Health**  
Wellness  
Institute

# Introducing

**A family-based, nine-week, fun-filled program to fight childhood obesity!**

Working with a registered dietitian, exercise physiologist and social worker, KidShape® provides a specialized program which will help children ages 6–13 eat healthier, move more, feel better about themselves and succeed at weight loss.

**KidShape®**

**KidShape:®**

- **Effective:** eight out of ten kids lose weight and keep it off
- **Up-to-date:** follows the latest scientific findings
- **Respects cultural diversity:** in language, materials and approach
- **Family-centered:** committed to entire family's healthy lifestyle education
- **Fun:** enthusiastic instructors, kid-friendly lessons, games



**NOW ENROLLING!**

**Our Next Nine-week Program Available:  
Thursdays, September 6 – November 7  
5:30-7:30 pm**

**Location: Willoughby Senior Center  
38032 Brown Ave., Willoughby**

**Program  
Fee Only  
\$45\***

*\*Program fee is 100% refundable upon successful completion of KidShape program.*

**For more information and to register, call  
the Wellness Institute at 440-375-8735.**

This program is made possible by the generous support of the Lake Health Foundation.