



Center
for Youth
Wellness

Comprehensive Weight Management Program

“This program was a great success. I was able to learn something that actually worked. I noticed that I was losing pounds. I was able to meet people with the same problem as me and we were able to help one another out. I’m glad I joined the program. I truly recommend it.”
— GNC

“I made amazing friends and had great discussions. Through this program, I learned how to lead a healthy lifestyle, and that I am not in it alone.” — DTK

The Center for Youth Wellness is a teen weight management program now serving the MetroWest community, courtesy of Floating Hospital for Children at Tufts Medical Center, in partnership with MetroWest Medical Center and the MetroWest YMCA.

It’s not always easy in today’s world to practice healthy eating and physical activity habits. That’s why the Center for Youth Wellness offers fun and interactive wellness programs to support teens in becoming balanced, active and mindful young people. In a group setting, 11–18 year-olds learn how a balanced lifestyle can lead to improved health, weight, and self-confidence.

For questions about this program or to schedule an appointment, call **(617) 636-3381** or visit www.floatinghospital.org/cyw to learn more.

Get Started Now!

The program includes a 2-visit assessment and a 10-week teen group program:

Assessment Visits in Boston

Teens and parents meet with a physician, behaviorist, and dietitian for a two-visit assessment. The first assessment visit is 1.5 hours and takes place on a Wednesday morning. The second visit is 20–30 minutes and occurs 2–3 weeks later. During this visit, we share findings from the first assessment and discuss eligibility for the group program.

Teen Groups in MetroWest

Groups take place at the MetroWest YMCA and run for 10 weeks. During each session, teens will learn about nutrition, stress reduction and behavior change. There’s also a dedicated time period for participating in physical activity. Teens get a 10-week membership to attend the MetroWest YMCA during their group program.



Together we deliver advanced care.

METROWEST YMCA