

# • Center for Youth Wellness •

**The Center for Youth Wellness offers comprehensive weight management programs at the Floating Hospital for Children at Tufts Medical Center**

**IT'S NOT ALWAYS EASY** in today's world to practice healthy eating and physical activity habits. That's why at the Center for Youth Wellness we offer fun and interactive wellness programs to support children and adolescents to become 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. Younger children and their parents benefit from individual and family counseling to assist in learning and practicing lifelong healthy habits.

**To learn more visit: [www.floatinghospital.org/cyw](http://www.floatinghospital.org/cyw)**

**CYW offers programming to empower you and your family  
to lead healthy lives:**

**Children (2–10 years-old)**

Families meet with a registered dietitian to create a tailored nutrition and physical activity plan to meet your needs. Follow-up visits are scheduled as needed to praise successful change, provide ongoing guidance, and establish new goals in a supportive and non-judgmental way.

**Teens (11–18 years-old)**

Teens and their parents meet with a physician, behaviorist, and dietitian for a two-visit assessment. For those interested and eligible, 10-week groups meet after school for 2 hours of fun physical activity and education about nutrition, stress reduction and behavior change.

To schedule an appointment, call: **617-636-3381.**

**Floating Hospital  
for Children**  
at **Tufts** Medical Center