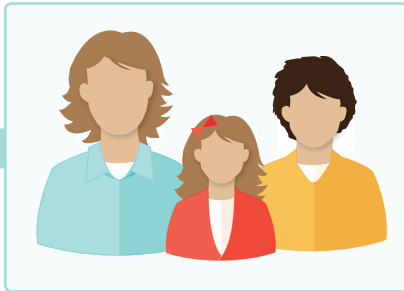


Eating and Activity Program *for Kids*

GETTING STARTED



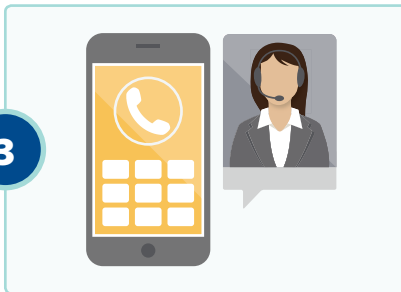
You are a child, teen, or parent with concerns about excess weight. *We are here to help!*



1 *Call us to find out more information* about the program or *talk with your doctor* about referring you to the program if it seems right for you.



4 *You'll receive a package* with program information and worksheets for you to fill out.



3 *Our staff will call you* to discuss your needs and priorities and answer any questions you have.



2 *Your doctor will fax us* a referral with your permission.



5 Send the package back to us *with no postage cost for you.*



6 *Let's get started!*