Eating and Activity Program for Kids

Together we’ll plan phone calls about once a week for two months. You’ll speak with a registered dietitian and/or a qualified exercise professional. We’ll talk about healthy lifestyles and focus on your goals.

1. Follow-up with your doctor. After each package we’ll ask you to check in with your doctor.

2. How’s it going? At times throughout the program we will send you worksheets to fill out and send back to us.

3. Keep up the good work! We’ll plan shorter phone calls that happen less often.

4. POSTAGE PAID

5. We’re here to support your journey through the two year program and beyond.

6. Keep up all your great work!

British Columbia HealthLinkBC