

Give Your Teen the Gift of Health

Sign Them up for the BiW4Teens Group Program

This program is specifically designed to help teens and preteens adopt healthier lifestyle and eating habits. BiW4Teens helps youth achieve a healthy weight and improves overall physical and mental health. BiW4Teens is a group program lead by trained health coaches.



Here is a list of just a few things included in this program:

- **Loads of Fun Interactive Activities**
- **Nutrition Education & Training**
- **Individualized Nutrition Plan**
- **Personalized Exercise Plan**
- **Habit Change Tools [Power Tools]**
- **Habit Tracker with Weight Tracking**
- **Parents Support Pack**
- **Family Activities Promote Family Partnerships**
- **Plus much more!!**

Group Classes Start:

Class Location:

Cost: FREE

To Sign Up, Contact: