



Somerset Hospital & Highmark Healthy High 5 Present



No Fee to Attend!
All families receive a family pack with meal planner, t-shirt, fitness log and more!

An interactive, family based program that promotes self esteem, healthy meal selection and physical fitness in youth ages 6 – 14.

When:
Thursdays, April 1 – May 27, 2010
6:00 – 8:00 pm

Where:
Somerset Hospital Wellness Center
Wheeler Family Medical Center
126 East Church Street
Somerset, PA 15501

Your Team Leaders:
Mike Seibert, Exercise Physiologist;
Leann John, Registered Dietitian;
Nicole Rhodes, Registered Dietitian;
Brooke McKenzie, Licensed Social Worker



A Pediatric Weight Management Program

Call 814-445-3330 to register today!

