



# R-Team

Reshaping Thru Exercise, Attitudes and Meals

**Register Now! Program starting January 9, 2012!**

To reserve your spot, call 248-475-4887

R-TEAM, a 6-month program held at various sites in Wayne, Oakland, and Macomb county, offers lifestyle education, emotional support, fitness training, and nutrition classes for children ages 8 and up. A parent or caregiver is required to attend each class with the participant, and a referral from your pediatrician or health care provider is necessary for enrollment.

**R-TEAM offers:**

- A group setting where the child and parent and/or caregiver learn how to make healthy lifestyle choices
- Age-appropriate groupings of children (pre-teens and teens) to maximize learning, interaction and peer support
- Fun, interactive learning experiences centered on choosing healthy snacks, meals and portions
- Bi-weekly group fitness education and instruction with a clinical exercise specialist
- Discussions on self-esteem and body image
- A dietitian-guided supermarket tour to facilitate healthier food selection and preparation techniques
- Support, enthusiasm and hope from experts in the field as well as peer participants

The program also features optional individual sessions consisting of:

- One-on-one consultations with a dietitian, exercise consultant, wellness counselor and registered nurse
- Individual planning and goal setting

**Rochester Center**  
**4986 Adams Rd., Suite E**  
**Rochester MI 48306**

**Begins:**

**January 9, 2012**

(Group is held every other Monday for 9 sessions.

Session 10 meets 6 months from the start of group.)

**Time:**

**6:00 pm - 7:30 pm**

**Register early!! Initial appointments must be scheduled prior to 12/26/2011.**

**For more information:**

**Call 866-648-3265 or  
248-475-4887**

