



R-Team

Reshaping Thru Exercise, Attitudes and Meals

Register Now! Program starting September 15, 2010

To reserve your spot, call 866-648-3265

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

Northpointe Building

30061 Schoenherr Rd, Suite C
Warren, MI 48088

6:00pm-7:30pm

Session 1: September 15

Session 2: September 29

Session 3: October 13

Session 4: October 27

Session 5: November 10

Session 6: November 24

Session 7: December 8

Session 8: December 22

Session 9: January 5

Session 10: TBD

For more information:

Call 886-648-3265 or

248-475-4887



MEDICAL NETWORK ONE
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