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Youth Weight Management Programs

Following is a list of youth weight management programs currently being offered in Pennsylvania:

ALLENTOWN

Shape It Up

Shape It Up is a fitness program for overweight youth offered by the Allentown Health Bureau. It is for City of Allentown students ages 10-18 of all fitness levels. Classes are held on Tuesdays and Thursdays from 4:00 – 5:00 PM at the Alliance Hall Gym, on the corner of 6th and Chew Streets.

Location: Alliance Hall Gym

Phone: 610-437-7581

Contact: Allentown Health Bureau

Nutritional Counseling

The Allentown Health Bureau offers free nutrition counseling for City of Allentown students grades K-12. The program offers a minimum of 2 counseling sessions and parents are encouraged to attend. The program is designed for overweight youth of Allentown.

Location: Allentown Health Bureau

Phone: 610-437-7581

BETHLEHEM

B & N Explorers

B & N Explorers is a health and fitness program for children 7-13 years old and their families developed by registered dietitians and exercise physiologists to prevent or lower the incidence of obesity and promote healthy lifestyles. The Lehigh Valley Hospital and the Hanover Township Community Center sponsor the program. Begins October 5th – November 17, Tuesday and Thursday evenings from 6:30pm – 7:30pm.

Location: Hanover Township Community Center

Phone: 610 317-8701

Email: htcc@enter.net or mildred.bentler@lvh.com

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Contact: Cathy Heimsoth, Recreation Director, (HTCC - 610 317-8701)
OR
Mitch Bentler, MA, RD, CSP Lehigh Valley Hospital (484 884-3399)

DANVILLE

WEIGH of Life sm

The W.E.I.G.H. of Life Program is a comprehensive multi-specialty approach to the treatment of childhood obesity. The program goal is to help change the child and family's behavior regarding nutrition and physical activity. The program consists of 15 visits with medical professionals for medical evaluation and monitoring, nutrition education and exercise therapy.

Location: Geisinger Health System
100 North Academy Ave.
Danville, PA 17822-2901

Phone: (570) 271-7829

Email: jdiehl@geisinger.edu

Contact: Jessica M. Diehl B.S.N
Manager, Health Partnerships and Coalitions

HARLEYSVILLE

"Far Land Camp Nutrition"

Far Land Camp Nutrition is a one-week camp for overweight children ages 8-13 being offered during the summer. Daily schedule of pond side yoga, nutrition classes, aerobic activities, hands on lunch making, and rap sessions. **Not a weight loss camp, but rather a camp that educates** children to manage weight and stress that sometimes causes overeating. Maximum 10 children enrolled per weekly session. Held on a 16-acre historic farmstead in Harleysville, PA. Hours are 9 am-1pm, Monday-Friday.

Location: Harleysville, PA (located midway between Philadelphia and Allentown)
Close to Collegeville & Lansdale.

Phone: 610-584-0146

Email: BarbaraAnn@alum.drexel.edu

Contact: Barbara MacFarland, MPH, RD, LDN

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PHILADELPHIA

F.U.N. (Families Understanding Nutrition)

F.U.N. is a weight management and nutrition counseling program for kids age 2 - 21. We offer individual/family counseling and also have 6 week classes that combine exercise and nutrition education.

Location: Albert Einstein Medical Center
5501 Old York Road,
Philadelphia, PA 19141

Phone: 215-456-6559

Email: litcherl@einstein.edu

Contact: Laura Mager, MA RD

"215 GO!"

"215 GO!" is a new comprehensive pediatric obesity clinic for children 3 and 18 years sponsored by the Philadelphia Department of Public Health. Services include individual nutrition and behavioral counseling for children and families, support groups for older kids and cooking and healthy eating classes for families. Participants must be Philadelphia resident and be referred by a PDPH pediatrician.

Location: PDPH Health Center 5 -- 1920 N. 20th Street,
Philadelphia, PA 19121
PDPH Health Center 9 -- 131 E. Chelton Avenue,
Philadelphia, PA 19144

Phone: For general information, contact: 215-685-5263;
Appointments: 215-685-2933 or 215-685-5703

Email: lorraine.matthews@phila.gov

Contact: Lorraine Matthews, MS, RD, LDN

READING

Just for Kids

Just for Kids program is a 10-week program for healthy weight and overweight children ages 9-12 years. The program promotes healthy eating and lifestyle habits by addressing nutrition, activity and issues concerning emotional well-being. Each child receives an activity book, which contains lessons and activities for both the child and the caregivers.

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Location: Building on Basics on Basics Nutrition Consulting Services, Inc.

Phone: 610-670-0192

Email: www.info@buildingonbasics.com

Contact: Teresa Runkle, MA, RD, LDN

WYOMISSING

"Weight a Minute"™ Healthy Lifestyles for Kids

"Weight a Minute"™, focuses on healthy eating behavior, weight management, self-esteem and behavioral approaches to lifestyle changes in a strictly non-diet approach. Offered to several audiences with current group age 9-11, male and female. On-going groups offered throughout the year.

Location: Huber Interactives
71 Commerce Drive
Wyomissing, PA 19610-1038

Phone: (610) 678- 3763

E-mail: aldhuber@aol.com

Co-facilitators: Andrea Dillaway-Huber, PhD, RD, LDN
Licensed Dietitian- Nutritionist
James R. Huber, PhD, LMFT
Licensed Marriage and Family Therapist