SHAPE DOWN
A NATIONAL WEIGHT MANAGEMENT PROGRAM FOR KIDS AND TEENS

SHAPE DOWN is a FREE 10-week, family centered program that focuses on

NUTRITION • FITNESS
FAMILY COMMUNICATION

SHAPE DOWN is taught by a team of health care professionals at The HSC Pediatric Center on Tuesday evenings.

THE HSC PEDIATRIC CENTER
1731 Bunker Hill Road, NE
Washington DC, 20017

A $20 deposit is due at the first class, but refunded upon completion of the program.

TO LEARN MORE, CONTACT
ROBYN WINSTON COHEN CTRS
(202) 557-1851 OR rwinston@hospsc.org
www.hscpediatriccenter.org