

Top 5 Things about Generation Health Clinic

1

Generation Health Clinic is a **family centred healthy living program** that builds the foundation for good health by focusing on active living, healthy eating, screen time, sleep, family connections and mental health.



2

Generation Health Clinic is **not a dieting or weight loss program**. The program focuses on improving health and the overall well-being and quality of life of children, teens and families.



3

The team uses a **non-judgemental and inclusive approach**, and works with families to support them in making changes that are meaningful to them.



4

The **whole family makes healthy living changes together** (e.g. being more active, eating nutritious meals and snacks, reducing screen time, improving sleep).



5

Families invited to **participate in a group program** will attend 2 sessions per week over 10 weeks. The first session is interactive and educational, while the second session is dedicated to family physical activity.

