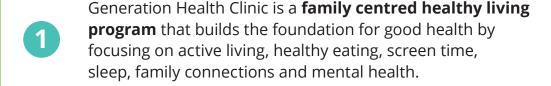
## **Top 5 Things about Generation Health Clinic**





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



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



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



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.



