



Goals of Program

- Improve diet and exercise habits
- Reduce Body Mass Index
- Maintain weight loss

All objectives will be met through interactive food and nutrition education and behavioral modification techniques.

Eligibility

The child or adolescent must have a Body Mass Index (BMI) greater than the 95th percentile according to the Centers for Disease Control and Prevention (CDC) BMI chart. Children or adolescents with a BMI greater than the 85th percentile may also be eligible if they have an overweight parent, a medical complication, or a family history of increased health risks.



Now accepting new participants!
(865) 546-3998

Ask for one of the program directors:
Ashley Rogers, MS, RD, LDN
or Sandy Altizer, RD, LDN

NOW ACCEPTING INSURANCE!