

The Right Start!

WHAM! is a 3-hour family-based class. The child or teen can have up to two additional family members attend.

- 1 child or teen must attend and participate
- 1 caregiver must attend and participate with the child or teen
- 1 additional family member may attend

Please talk with your child or teen's doctor with any concerns about participating in activities before attending WHAM!

To register for a class, call (501) 364-4000 (Option 5).



Department of Clinical Nutrition
1 Children's Way
Little Rock, AR 72202

archildrens.org

Questions? Call (501) 364-1264.



Department of Clinical Nutrition
Arkansas Children's Hospital



A free class for children and teens who would like to know how to make healthy choices while becoming more fit



WHAM! Class

WHAM! is a family-based class with fun, interactive games incorporating physical activity and offers help with:

- Healthy foods and drinks
- Cooking and finding healthy foods
- Starting a workout
- Making and meeting goals



WHAM! can help children and teens who are 6-18 years old and overweight.



Upcoming Classes 2015

January 10

February 7

March 7

April 4

May 2

June 6

July 11

August 1

September 5

October 3

November 7

December 5

All classes are from 9 a.m. -12:30 p.m. at Arkansas Children's Hospital East Campus Room 103



Classes include a light, healthy lunch and a special WHAM! folder.

wellness, health, action & motivation