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!







Department of Clinical Nutrition Arkansas Children's Hospital





WHAM! Class

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



 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

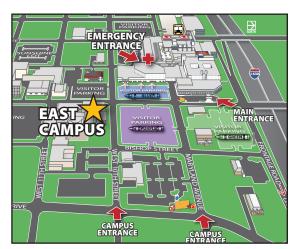
September 5

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.

