PARENTS

Is your child over-weight?

FRESH
Family, Responsibility, Education, Support & Health

Are you looking for a healthy change?

The **UCSD FRESH** Study is looking for families to participate in a no-cost weight loss program!

Children may qualify if they are:

- Overweight (above 85% BMI)
- Between the ages of 8 & 12
- Have a parent willing to participate

Participants who qualify will participate in a six months of weekly sessions.
Participating families will be compensated for their effort and time.
Contact the FRESH Study at: 858-822-2158 or kidsweight@ucsd.edu

UNIVERSITY of CALIFORNIA, SAN DIEGO
MEDICAL CENTER

A joint research study

Rady Children's Hospital San Diego

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