

Kind naar gezonder gewicht

Help your Child
to a Healthier
Weight



Kind naar Gezonder Gewicht is
a programme that helps overweight
children and their family.



- Is your child overweight?
- Do you want to boost your child's confidence?
- Could your family use some support?

We are here to help you.



What is Kind naar Gezonder Gewicht?

Kind naar Gezonder Gewicht is a programme that focuses on more than just weight. We involve the whole family. You make a plan that you can work on together. A nurse will help you along the way.

What does the nurse do?

The nurse talks to you about the way your family works, and the things that affect your lifestyle. This is sometimes more than simply eating, drinking and exercising.

We discuss what is best in your situation, and what would work for your specific family. These will be your personal goals.

The nurse guides you for the entire programme. They might ask other professionals for help and advice. But if you have any questions, the nurse is the person you contact.

How long does it last and how much does it cost?

-  The programme can run for up to two years.
-  The entire programme is free.

Who can take part?

To take part, your child must:

- be between 2 and 17 years old;
- be overweight;
- show an active interest in taking part in the whole programme.

Questions?

-  Call us on:
088 0031 100

Or visit:
www.ggdbzo.nl/kindnaargezondergewicht



Kind naar
gezonder
gewicht



Together we can help children
feel better about themselves and
lead a healthier life.



Brabant-Zuidoost