

A KID'S PROGRAM

for healthy weight management and obesity prevention

The 2008 sessions will be held on **Saturdays** in the Inova Fair Oaks Hospital Medical Plaza Conference Center, 3700 Joseph Siewick Drive, Fairfax, VA.

THE PROGRAM PROVIDES:

- An Exercise Physiologist who will teach proper physical fitness, sporting activities, stretching and balancing, as well as lifestyle choices (ie. sedentary behaviors vs. active behaviors).
- Our Registered Dietitians will teach balanced nutrition, including best food choices and OK food choices vs. food choices that should be limited.

FEE: \$50 for 6-week program

9:00 am—F.U.N. (ages 7–11)

10:00 am—S.N.A.P. (ages 12–15)

Jan 26–Mar 1 Jul 12–Aug 16

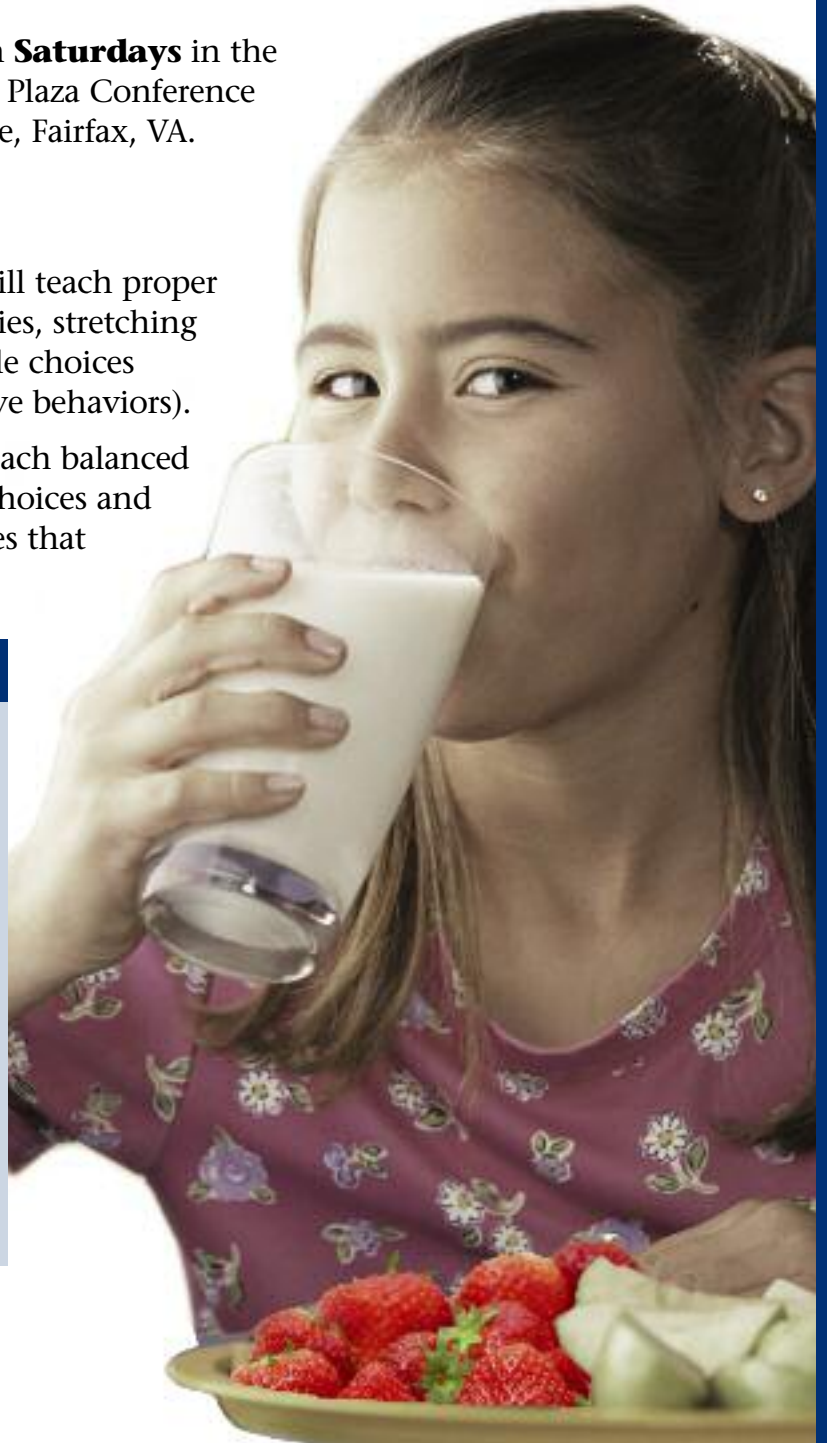
Apr 12–May 17 Sep 27–Nov 1

TO REGISTER: Complete the form on the reverse and fax to 703-391-3207 or call 703-391-3783.

You may pay by credit card or mail a check payable to Inova Fair Oaks Hospital, 3600 Joseph Siewick Drive, Fairfax, VA 22033.



F.U.N. & S.N.A.P.
Fitness, Simple
Understanding Nutrition and
and Nutrition Physical Activity
ages 7-11 ages 12-15



F.U.N. & S.N.A.P. Registration

Child's Name _____ Date of Birth _____

Parent/Guardian _____

Address _____

Phone Number (H) _____ (W) _____

Email Address _____

PLEASE MARK WHICH SESSION YOU WOULD LIKE TO ENROLL YOUR CHILD:

| SESSION DATES | F.U.N. (ages 7-10) 9:00 AM | S.N.A.P. (ages 11 to 15) 10:00 AM |
|------------------|-------------------------------|--------------------------------------|
| Jan 26 to Mar 1 | | |
| Apr 12 to May 17 | | |
| Jul 12 to Aug 16 | | |
| Sep 27 to Nov 1 | | |

PAYMENT METHOD:

Check (Make payable to Inova Fair Oaks Hospital and mail to address below)

Credit Card

VISA

MasterCard

American Express

Card # _____ Exp. Date _____ Security # _____

ON BACK

FAX TO: (703) 391-3207

OR

MAIL TO: Inova Fair Oaks Hospital,
3600 Joseph Siewick Drive, Fairfax, VA 22033
ATTN: Nancy Golden



**INOVA® FAIR OAKS
HOSPITAL**