



KAISER PERMANENTE

HEALTHY EATING ACTIVE LIVING

HEAL

- For children and teens 7-17 years old and their families
- **Goal:** to help kids/teens/families learn how to make positive lifestyle choices to ensure a healthy weight and to prevent, treat, or reverse chronic diseases.
- **Options:** individual appointments, group classes, hands on cooking classes, or combination of all of these.

HEAL Jr.

- For families with children 3-6 years old
- **Goal:** to help families set up healthy lifestyle habits and learn parenting techniques to encourage positive behaviors to encourage healthy weight and prevent, treat, and reverse chronic diseases.
- **Options:** Individual appointments, hands on cooking classes or both.

Our Team:

- **Pediatrician:** Physical Health. Medical evaluation including weight, BMI, lab tests, physical exam, and lifestyle recommendations.
- **Physical Therapist:** Strong Body, Healthy Heart. Assess individual fitness level and help create new exercise habits that will put child or teen on a healthier track.
- **Psychologist:** Healthy Mind, Healthy Body. Evaluation of motivation and challenges in the context of making healthy lifestyle changes. Stress management.
- **Dietitian:** Healthy Eating and Nutrition. Complete nutrition evaluation and goal setting for healthier food choices and quantities.
- **Health Educator:** Goal Setting for Change. Set SMART goals that will make change easier and more fun

Our location:

Kaiser Permanente Santa Clara

HEAL Orientation:

Live, monthly virtual orientations to join the HEAL Program.

3:30 – 5 pm

HEAL Appointments:

Tuesday afternoons and once monthly on Thursday afternoons

To enroll, please speak with your child or teen's primary care physician



Referral is required and the first step is to attend an orientation session to meet the team and learn more.



For more information, please email
<HEAL@kp.org>.

 KAISER PERMANENTE®