

HELPING KIDS AGE 10 TO 18 REDUCE THE RISK OF DEVELOPING DIABETES  
BY BUILDING LIFELONG, HEALTHY ATTITUDES ABOUT FOOD AND FITNESS

# ENERGIZE!

IT'S ALL ABOUT NUTRITION, RECREATION  
AND EDUCATION FOR KIDS

“ENERGIZE” begins with an eight-week class series presented by the WakeMed Pediatric Diabetes Program staff. During these eight sessions, kids learn how to lead active, healthy lives as they enjoy fun-filled activities involving the whole family. Highlights include:

**FOCUS ON FOOD:** Learn important nutrition and health concepts through fun and informative activities.

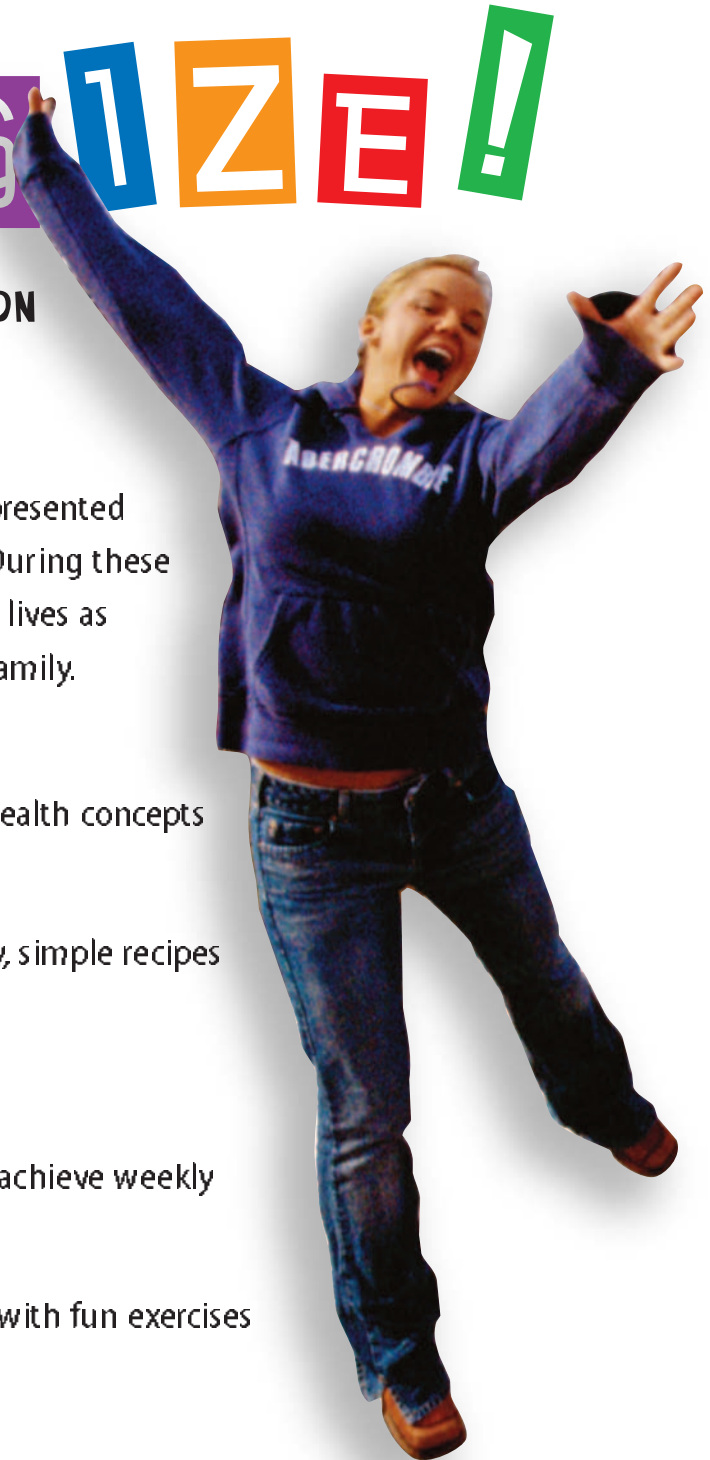
**KIDS IN THE KITCHEN:** Prepare and sample healthy, simple recipes the whole family will enjoy.

**A FAMILY AFFAIR:** Two sessions for parents only.

**FAMILY ACTIVITIES & GOALS:** Work together to achieve weekly goals for a healthier lifestyle.

**EXERCISE FOR FUN & FITNESS:** Become more fit with fun exercises and activities.

**COMMUNITY INVOLVEMENT:**  
Graduate to a 10-week exercise  
program in your community.



WakeMed   
Pediatric Diabetes Program

**CALL 350-7584 FOR MORE INFORMATION.**