OUR MISSION
To support children and teens living at a higher weight and their families in making healthy lifestyle changes today for a healthier tomorrow

OUR GOAL
To guide families in making everyday healthy choices through education and support

OUR TEAM
Nurse Practitioner
Assesses and monitors your child’s health

Dietitian
Helps families build a healthy relationship with food and develop food skills

Exercise Specialist
Motivates families to enjoy physical activity every day

Social Worker
Guides and supports families through this lifestyle change process

Pediatrician
Will be consulted as needed

BALANCE PROGRAM
Bringing Active Living And Nutrition into your Childhood

BALANCE PROGRAM
Bringing Active Living And Nutrition into your Childhood

OUR PROGRAM
Our Program Includes:
Nutrition Counselling
Health Monitoring
Physical Activity
Group Support

We hope to help you with:
Motivation and mindful living
Making healthy food choices
Enjoying physical activity
Improved quality of life

We aim to motivate, support, share information and have FUN!

For more information visit:
https://www.hsnsudbury.ca/neokids

or email us:
neokidsinfo@hsnsudbury.ca

Call today to reserve your spot!
705-523-7120 ext. 3545

Every day
What is the BALANCE Program?
A family centered program that provides outpatient treatment to Northern Ontario children and teens living at a higher weight.

The program includes mental health support, nutrition information and skill building, health education, medical support and physical activity.

Who can join?
Children and teens up to 18 years of age with a Body Mass Index (BMI) ≥ 85th percentile on the World Health Organization (WHO) growth charts for Canada.

Who can refer to BALANCE?
Health care providers or families with a child or teen living at a higher weight.

What is the commitment for the family?
Children, teens and their families attend evening activity and education sessions in Sudbury. One parent/guardian is required and all family members are encouraged to attend.

Before starting the program, the child or teen will attend an intake clinic at NEO Kids to meet the BALANCE team members. They will then be followed every 6 months for 2 years to monitor health and support healthy lifestyle choices.

What happens at the BALANCE program?
At evening programming, families share in a healthy lifestyle discovery session and support group as well as arts and play-based activities.

Group outings to recreation facilities in the community, the grocery store and cooking classes help BALANCE families to build confidence and enjoy time together.

The BALANCE Program and Health At Every Size® (HAES®)
The BALANCE program uses the HAES® philosophy to support children, teens and families as they make healthy lifestyle choices.

The HAES approach focuses on improving the health of our children and teens by helping them to choose healthy eating habits and enjoyable physical activity more often and to develop positive self-esteem and body acceptance.

These changes in behaviour result in healthier children, teens and families and may improve medical complications.