



Community Education

KidsFit Program for Weight Challenged Youth and Teens ages 8-14 and a Parent/Caregiver

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*All programs are held at the RWJ Hamilton Fitness & Wellness Center, 3100 Quakerbridge Rd, and are **FREE** unless otherwise noted. Preregistration is required. Call 609.584.5900 or visit rwjbh.org/hamilton for information and registration*

This 6-week all-inclusive wellness program teaches children, teens and their families how to live a healthier lifestyle. Focus is on nutrition and healthy eating, physical activity, behavior changes and self-esteem. Call 609.890.4441 for registration information.

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