

# “Are You Concerned About Your Child’s Weight?”

Please join Lucile Packard Children's Hospital's panel of experts giving tips for healthy weight management and discussing the options for parents concerned that their child is overweight.

**Tom Robinson, MD, MPH**  
Director of Packard Children’s  
Center for Health Weight

**Gretchen Flanagan, RD**  
Packard Children’s Hospital  
Registered Dietician

**Cindy Zedeck, MA**  
Manager, Pediatric Weight Control Program

- Ideas for supporting healthy eating habits to ensure happy mealtimes for all
  - Helpful tips for talking about weight with your family
  - Research based tools for obesity prevention
- Overview of Packard Children’s nationally recognized Pediatric Weight Control Program

Wednesday, July 22  
7pm – 8:30pm

Palo Alto Family YMCA  
3412 Ross Road, Palo Alto

Free of charge.  
Space is limited. Please call  
to reserve your space today!

For more information and to register, call (650) 724-3783 or visit [www.lpch.org](http://www.lpch.org) under “Events and Classes”

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