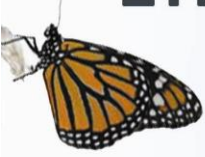


Something Special  
Inside



*I'm Reducing Obesity in Children*

**IROC**  
**NUTRITION**

## “IROC: I’m Reducing Obesity in Children”

A unique nutrition program designed for both parents and children



Join Us Today!

**Date:** Thursdays, September 6–October 28, 2012

**Time:** 6-7:00 pm

**Location:** Prisco Community Center,  
150 W. Illinois Ave, Aurora

**Call to Register:** 630.897.4000

**Cost:** Free!

*Limit: 2 children and 2 adults per family.*

Space is limited. Register early!

Join us for this 8-week nutrition education program for children and parents designed to promote lifelong healthy eating habits.

Children ages 5-10 will love the hands-on cooking classes that will teach and introduce them to the importance of nutrition, easy recipes, simple measurements and kitchen safety. Parents will take part in education workshops that emphasize proper nutrition for children.

The program also includes health assessments, goal-setting and evaluations, all led by qualified health care professionals, including certified diabetes educators and registered dietitians from the Center for Diabetic Wellness of Provena Mercy Medical Center.

### Background:

“IROC: I’m Reducing Obesity in Children,” is the 1<sup>st</sup> nutrition program in the area to include parents and children in an effort to reduce and prevent childhood obesity. Created by the Center for Diabetic Wellness of Provena Mercy Medical Center, the program’s mission is to promote the health and well-being of children and adolescents so they become healthy adults. Provena Mercy is a proud partner of the Making Kane County Fit for Kids Campaign and is working in collaboration with the American Cancer Society and Fox Valley Park District to bring this unique program to Kane County. This program is being brought to you through the support of the Provena Health Transforming Communities Grant.

Studies show that nearly 1 in 3 children in America are overweight or obese, and 1 in 6 children in Kane County are obese.



[www.provena.org/mercy](http://www.provena.org/mercy)

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powerful healing.