

Children's nutrition program

IROC – I'm Reducing Obesity in Children

The program.

This unique nutrition program designed for both parents and children was created by healthcare providers from the Center for Diabetic Wellness of Presence Mercy Medical Center.

Our mission is to promote the health and well-being of children and adolescents so they become healthy adults.

Children ages 5-10 years 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** led by certified diabetes educators and registered dietitians.

How to join.

- + **Date:** Every Tuesday (8 weeks) September 22 – November 10, 2015
- + **Time:** 4:30p.m. – 6:00 p.m.
- + **Location:** Vaughan Athletic Center, 2121 Indian Trail, Aurora, IL 60506
- + **Cost:** Free
- + **Call to Register:** 630.897.4000

Special instructions

Register early because space is limited.
Limit two children and two adults per family.

Community partners.

Presence 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 Bersted Grant.

