

溫哥華沿岸衛生局謹此公布

卑詩省塑身健體華語計劃

Shapedown BC for Chinese Families



[卑詩省塑身健體計劃] 透過健康生活，幫助兒童、青少年和其家人達致健康的體重。這計劃從二零零六年起已在卑詩省兒童醫院舉行。

如何進行？

Shapedown BC 是由醫生、營養師、心理專家和運動專家負責。

他們幫助參加的家庭，在飲食、活動、教養子女技巧和自尊感方面，作出積極改變。此計劃將於列治文用廣東話和普通話舉行。

這計劃包括哪些活動？

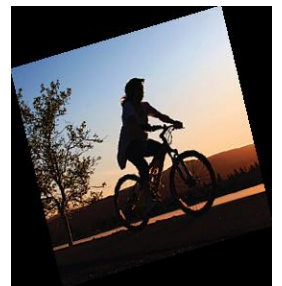
不用節食！

[卑詩省塑身健體華語計劃] Shapedown BC for Chinese Families

- ✓ Shapedown團隊會提供全面評估及跟進/策劃護理
 - ✓ 為期十個星期的小組活動*，每星期有兩次聚會：
 - 一次晚間聚會，為時兩小時，其中三十分鐘為兒童/青少年的活動時間
 - 周末有一個一小時的家庭活動同樂日
- *視乎每個家庭的情況，可考慮提供個別的輔導

如何參與？

- ✓ 您子女在6-17歲之間
- ✓ 您需要醫生的轉介
- ✓ 您子女正處於不健康的體重
{ 體重指數/BMI >97% 或體重指數/BMI 85-97%及具有某些醫療狀況 }
- ✓ 父母與子女必須一同參與這計劃



這計劃是完全不用付費的

如需更多資料，請聯絡：

計劃負責人/營養師: Amy Chow (周小姐)

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8100 Granville Avenue

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Vancouver Coastal Health is pleased to announce

Shapedown BC Program for Chinese Families



The **Shapedown BC** program helps children, teens and their families to achieve healthy weights through healthy living. The program has been at BC Children's Hospital since 2006.

HOW?

Shapedown BC has a doctor, dietitian, mental health expert and exercise specialist who help families to make positive changes in food, activity, parenting skills and self-esteem. Now, we are offering this same program in Cantonese and Mandarin in Richmond.

WHAT HAPPENS IN THIS PROGRAM?

THERE ARE NO DIETS!

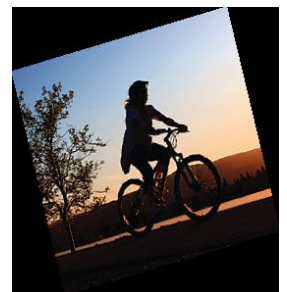
Shapedown BC Chinese Program

- ✓ Comprehensive assessment and feedback sessions with the Shapedown team
- ✓ 10 week group program*, 2 sessions per week:
 - One 2 hour evening session with a 30 minute activity session for the children
 - One hour family fun activity session on the weekend

* *Individual counseling may be considered on a case by case basis*

HOW DO I JOIN?

- ✓ Your child is between 6-17 years old
- ✓ You need a doctor's referral
- ✓ Your child is at an unhealthy weight (BMI >97% or a BMI 85-97% with some medical conditions)
- ✓ Both parents and children must be willing to participate in the program



THERE IS NO COST TO YOU FOR THIS PROGRAM

For more information, please contact:

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