THE SHAPEDOWN BC program helps children, teens and their families to achieve healthy weights through healthy living. Our program has a doctor, dietitian, counsellor, and exercise specialist. We are committed to help families make positive changes in health, nutrition, activity, mental health, parenting skills and family relationships.

IS YOUR CHILD’S AGE BETWEEN 6 - 17?
您的子女年齡是否在6至17歲之間？

DO YOU WANT TO LEARN HOW TO BE HEALTHIER?
您想您的子女變得更加健康嗎？

CAN YOUR CHILD BE AT A HEALTHIER WEIGHT?
您的子女是否輕微過重？

CONTACT US
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