

SHAPEDOWN BC PROGRAM

卑詩省塑身健體計劃

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.

卑詩省塑身健體計劃

Shapedown BC 擁有一支由醫生、營養師、心理專家和運動專家組成的專業團隊。該團隊致力於幫助參加者及其家人在 健康、營養、活動、心理健康、育兒技能和家庭關係等方面做出積極的改變。



This is a free program.

如經醫生批核，所有費用將由衛生局提供

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

聯絡我們

8100 Granville Ave.
Richmond, BC, Canada

SHAPEDOWN BC PROGRAM IN CHINESE

Tel: 604-233-3129

Fax: 604-233-3198

Email: shapedown@vch.ca



Centre for
Healthy Weights

Shapedown BC



BC
Children's
Hospital™

An agency of the
Provincial Health Services Authority



Vancouver
Coastal Health

Promoting wellness. Ensuring care.