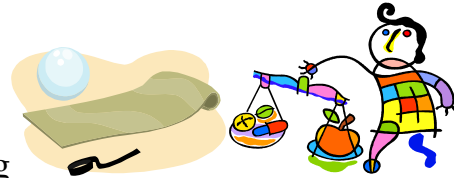


# I.D.E.A.L. Clinic

*Improving Diet, Exercise and Activity for Life*

**WHERE:** CHC clinic, 1<sup>st</sup> floor of Children's National Medical Center  
across from the Emergency Department



**WHAT:** Individual nutrition counseling  
Group Health Education Classes  
Physical Activity session  
Parenting session  
Pediatrician Weight Management counseling  
Specialists counseling (Psychologist, Endocrinologist, GI,  
Cardiologist)

**WHEN:** Monday afternoons, 1-4PM  
Every two weeks- 3 months  
Monthly- 1-2 years

