

Pediatric Centre for Weight & Health (PCWH)

PCWH is now accepting overweight children (8 – 12 years old)
and their parents for a **clinical trial**:

Parents as Agents of Change (PAC)

Edmonton General Continuing Care Centre

We know that parents play a major role in helping their children to grow and maintain healthy lifestyles.

After families complete a series of clinic visits, PAC for parents will meet once a week for 16 weeks.

PAC gives parents the skills and information to be supportive role models and to create a healthy home environment for their families.

Children will receive “report cards,” before and after the program. These assessments help families to see what areas can be improved on, and what things the children and families are doing well.

Upon completing PAC, all families are invited to participate in long-term, follow-up care.

**More information? Contact
Thea Moss, community liaison,
PCWH at 780.342.8399 or
pcwh@albertahealthservices.ca**

**To enroll in an upcoming family
information session, please
visit your physician or nurse
practitioner to request a referral.**



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