

A photograph of a family of four (a man, a woman, and two children) smiling outdoors. The woman is wearing a blue hoodie with 'EVERLAST' written on it.

Healthy Families

We are a **family based nutrition clinic** offering **support with food choices** for children above a healthy weight, and their families. Our clinic assists with improving health and lifestyle for the whole family.

Who should attend?

Our service is for **school aged children** (aged 6-16 years) who are **above a healthy weight**, and their **parents or caregiver**.

Above a healthy weight means if your child is at or above the 85th percentile on the BMI-for-age growth charts. Your doctor can help measure this for you.

For preschool aged children, please contact the Child Health Information Link: 9562 5400

How to attend?

To make an appointment, ask your doctor to fax a referral letter including *height, weight, pathology results, relevant family history and contact details of the family* to **8627 0141**.

To speak with us, please call **8627 0403**.

8 for a healthy weight

Information is relevant for children aged 2 years and older



Charles Perkins Centre RPA Clinic

Times: 1-5pm, third Monday of the month

Address: Level 1, RPA Clinic, The Hub
Charles Perkins Centre, Johns Hopkins Drive,
The University of Sydney, Camperdown

Belmore Early Childcare Health Centre

Times: 12-5pm, first Tuesday of the month

Address: 38 Redman Parade, Belmore