

# WHAT IS CHILDREN'S HEALTHY WEIGH OF BUFFALO

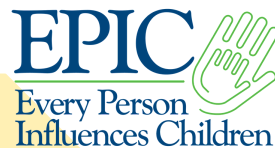


The Healthy Weigh Team is so excited that you are curious about the Healthy Weigh program. We understand this can be an overwhelming process, but we hope our focus on healthy bodies and habits will help you feel more comfortable and confident about embarking on this journey with us.

1001 Main St, Buffalo, NY 14202  
Conventus Building, 3rd floor

**716-323-6120**

<https://www.ochbuffalo.org/care-treatment/childrens-healthy-weigh-buffalo>



**The Children's Healthy Weigh Program of Buffalo is happy to partner with EPIC - Every Person Influences Children. Please visit [www.epicforchildren.org](http://www.epicforchildren.org) for more information on programming offered.**



OISHEI CHILDREN'S HOSPITAL  
**Healthy Weigh**



# WHAT TO EXPECT

Through 6 months of monthly visits you will experience hands-on cooking classes, fitness guidance, and the private, Healthy Weigh Facebook group as opportunities for learning, fun, and support on your health journey.

We use a specialized scale to follow body composition, that is, muscle, fat, and bone mass. It is a much more accurate measure of progress and also means we will not talk about weight or diets.

We discuss practical ways of being healthy and active with structured meals at structured times. All sensitive issues are discussed in a gentle manner by a team of professionals who specialize in pediatric and bariatric care.

Together you and your team will set reachable goals, and all progress reports will be shared with your doctor.



# MEET THE TEAM



Dr Harmon, MD, PhD



Dr Ij Majumdar, MD



Roshnelle Irani, OTR/L



Jillian Lelonek, PT



Deborah Clune, RD  
Sarah Armstrong, RD



Dr Kristen Cercone, PhD in  
Psychology  
Karen Decker, LCSW  
Sarah Putuniero, LCSW



Allison Killeen, C-PNP  
& clinic coordinator  
Sonja Williams,  
Research Support

**"In cooking class, I learned  
you can make dessert out  
of healthy food!"**

**-Healthy Weigh Participant**

# RESOURCES

- Check out our private Facebook Page for tips and discussion on being active! Search "OCH Healthy Weigh Family" and ask to join!
- Join us at the Healthy Weigh Clinic for interactive cooking classes.
- School menus are now online! Search your school to find yours
- Staying active can be as easy as skating at canal side, or running in the park. There are also many fitness and youth programs in the area.
- Check out [www.kidsoutandabout.com](http://www.kidsoutandabout.com) for activities around Buffalo

# TRANSPORTATION

Metro station - Allen/Medical Campus

Valet parking - \$7 for 3 hours

Covered parking - \$9 max

Street parking available on High St

Medicaid taxi's available, set up your account at [www.medanswering.com](http://www.medanswering.com) and call 1-800-651-7040 at least 1 week prior to appointment