



# MEDIA RELEASE

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**FOR IMMEDIATE RELEASE**

## **Novi Parks and Local Doctors Partner to Tackle Childhood Obesity**

Changing behavioral habits of the entire family is key to a healthy, active lifestyle.

**Novi, Michigan**, February 26, 2010 – Novi Parks, Recreation and Cultural Services is proud to announce their partnership with the Family Health Institute (FHI) to encourage healthy, active lifestyles for area families. FHI evolved from the merger of respected programs from two leaders in the field of childhood obesity – Keith Levik, Ph.D., founder of the Center for Childhood Weight Management and Paul Ehrman, DO founder of Children’s Health Initiative Program. Together Drs. Levik and Ehrman have over 20 years experience with treating overweight children and their families.

The Childhood Weight Management Program (CWMP) is an on-going weight management program designed for children ages five to 14 and their families. CWMP meets once per week to change the behavioral habits of families and children by practicing C.A.N.D.E.E. principles. The C.A.N.D.E.E. principals focus on:

- Controlling behaviors associated with being overweight
- Attitudes of responsible behaviors and habits
- Nutritional habits
- Diet
- Exercise
- Esteem that increases by developing positive and healthy skills

“The Childhood Weight Management Program provides an opportunity for children and their families to work together towards an enhanced lifestyle and increased self-esteem through eating modification and recreation. This program is a great partnership with Novi Parks because it will encourage children and their families to participate in opportunities within their community”, stated Fran Cohen of the Family Health Institute.

Registration is on-going at [cityofnovi.org](http://cityofnovi.org) and is \$120 per participant for a nine week session. Classes are Monday evenings from 7 to 8:30 pm at the Novi Civic Center. For more information about the program, please contact Susan Stevens, Recreation Coordinator at 248.347.0400 or [sstevens@cityofnovi.org](mailto:sstevens@cityofnovi.org). To learn more about the Family Health Institute, visit [familyhealthinstitute.com](http://familyhealthinstitute.com)

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