The Right Start!

WHAM! is a 3-hour family-based class. The child or teen can have up to two additional family members attend.

- 1 child or teen must attend and participate
- 1 caregiver must attend and participate with the child or teen
- 1 additional family member may attend

Please talk with your child or teen’s doctor with any concerns about participating in activities before attending WHAM!

To register for a class, call (501) 364-4000 (Option 5).

WHAM! Class

WHAM! is a family-based class with fun, interactive games incorporating physical activity and offers help with:

- Healthy foods and drinks
- Cooking and finding healthy foods
- Starting a workout
- Making and meeting goals

WHAM! can help children and teens who are 6-18 years old and overweight.

Upcoming Classes 2015

January 10
February 7
March 7
April 4
May 2
June 6
July 11
August 1
September 5
October 3
November 7
December 5

All classes are from 9 a.m. -12:30 p.m. at Arkansas Children’s Hospital
East Campus Room 103

Classes include a light, healthy lunch and a special WHAM! folder.