

### Participant Information

Please fill in all family members that will be participating in the program.

Your name

Spouse/partner's name

Child's name, age, gender

Child's name, age, gender

Child's name, age, gender

Child's name, age, gender

Home Phone

Work Phone

Cell Phone

Email address



### The THRIVE L.E.A.N. Faculty

- **Elaine Trogdon, M.D.** Dr. Trogdon is the L.E.A.N. program director. A board-certified pediatrician in practice for over 20 years, she has extensive experience in working with children and families with chronic health problems, including those who are overweight, with a focus on nutrition, health and wellness of the whole child.
- **Faith Wildesen, MA, CPT, CNWC** Mrs. Wildesen is certified by the American Fitness Professional Associates as a Personal Trainer and Nutrition and Wellness Counselor. She is the assistant director of the L.E.A.N. program. With a Master's degree from University of Maryland in Instructional Systems Development and Early Childhood Education, she has over 10 years experience working in child development. She is a skillful and creative expert in physical activity and diet who understands the importance of engaging kids and parents in strategies that are realistic, meaningful, and fun.
- **Vik Khanna, M.H.S., P.A., Exercise Specialist, Certified by the American College of Sports Medicine and Member, Clinical Exercise Physiology Association.** Mr. Khanna is a highly respected health and exercise expert, and he serves as the senior consultant to the THRIVE L.E.A.N. Program. A physician assistant with an advanced degree in public health from Johns Hopkins, he is co-author of Ten Commandments of Faith and Fitness and a strategic advisor on health and wellness issues to both individuals and organizations.

**THRIVE** is a new mind-body healthcare center in Columbia designed to create opportunities for success, mastery, and personal transformation.

**THRIVE's** specialty programs include life challenges, ADHD, mood/anxiety disorders, and weight management.

**THRIVE's** professionals include Psychiatry, Pediatrics, Psychology, Social Work, Art and Play Therapy, Personal & Nutritional Coaching, Yoga, and Massage/Bodywork.

# L.E.A.N. PROGRAM for kids & their families



Lifestyle  
Education  
Activity and  
Nutrition<sup>©</sup>



# The THRIVE L.E.A.N. Program...creating healthier Maryland families today and tomorrow

A healthier approach to life is within every family's reach



Nothing matters more to parents than the health and vitality of their children. But today, the ability of our children to prosper and thrive is under siege.

- Scientists project that the current generation of young people may be the first in American history to live a shorter life span than their parents.
- The fast-food culture facilitates making poor dietary choices, and physical inactivity puts an entire generation of kids at risk for diabetes, heart disease, overweight/obesity, and emotional problems.
- The problem is magnified in children with special needs, such as those with ADHD, autism, depression and anxiety.

For many kids, competitive team sports are not a reasonable option. The competitive sports culture leaves out many children who deserve, as much as their athletically gifted peers, the benefits of regular physical activity and improved nutrition.

For these children and their parents, THRIVE has created the L.E.A.N. program.

## The L.E.A.N. Program

We believe in interactive, personalized, science-based education that gives parents and children the lifestyle tools they need to succeed.



The THRIVE L.E.A.N. program consists of:

### 8 WEEKS OF HIGHLY PARTICIPATORY SEMINARS FOR PARENTS AND KIDS

Our expert faculty will help you:

- Set appropriate goals
- Understand the health implications of overweight/obesity and physical inactivity
- Develop workable strategies for improving physical activity, no matter what a child's special needs
- Improve decision making about diet and create family-friendly nutrition options
- Cultivate strategies for dealing with bullying and teasing
- Have fun learning how to build a sound, life-long, family-friendly approach to health and wellness

The program includes field trips to local stores, restaurants, and parks. Stop worrying about how to help your child THRIVE. Send in the attached card to sign up for the Fall 2008 series of L.E.A.N. seminars. Or email us at [lean@mythrive.net](mailto:lean@mythrive.net)



Better choices lead to healthier lives.

There are answers to the problems that you and your family face. L.E.A.N. on us to help you and your family find them.

I want to participate in THRIVE L.E.A.N. to make my family healthier today and tomorrow...

Check the series that you would like to attend. Each meeting is 90 minutes:

	Time	Price
<input type="checkbox"/> Tuesday evenings, Oct. 14-Dec. 9th *No meeting Nov. 4th.	7:00p.m.	\$495.00*
<input type="checkbox"/> Thursday evenings, Oct. 16-Dec. 11th *No meeting Nov. 27th.	7:00p.m.	\$495.00*

Return this completed form to THRIVE. Payment is due upon registration in the form of Visa, MasterCard or Check.

You may cancel up to two weeks before your session starts, minus a \$150 cancellation fee. No refunds after the cancellation deadline. Keep a copy of this form for your records.

\*Price is per family and includes all program materials and textbook.

\_\_\_\_\_  
Your name

\_\_\_\_\_  
Home Address

\_\_\_\_\_  
Phone Number

Please fill out participant information on the back of this form.

Form of Payment (Please check one)

Visa or Mastercard \$495.00

Card #: \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV code \_\_\_\_\_

Check \$495.00

Please make checks payable to THRIVE.

Please submit registration form and payment to:

**THRIVE-- A Mind-Body Healthcare Center**  
30 Corporate Center  
10440 Little Patuxent Parkway, Suite 530  
Columbia, MD 21044  
410-740-3240  
[mythrive@mythrive.net](mailto:mythrive@mythrive.net)  
[lean@mythrive.net](mailto:lean@mythrive.net)