



## Bettering your Child's Health through Nutrition and Fitness

- **New Impact, Health Lifestyles** - Children's Hospital of Greenville offers New Impact – a healthy, comprehensive and unique weight management program from children and adolescents ages 6-21. Using a multidisciplinary team approach, New Impact empowers children to develop active, healthy lifestyles by focusing on the eating and exercise behavior of the entire family.
  - The yearly fee is \$250.
  - **Website:** [www.ghschildrens.org/gonewimpact](http://www.ghschildrens.org/gonewimpact)
  - **Phone:** 1-864-675-FITT(3488)
- **Girls on the Run** - Empowers girls ages 8-15 to have a strong sense of identity, learn to make healthy decisions, stand up for themselves, have a healthy body image, enjoy community service and take on a 5K run or walk. Girls on the Run groups meet at the GHS and Caine Halther YMCA Locations.
  - Girls on the Run is \$199. *Scholarships and payment plans are available.*
  - **Website:** [www.ghs.org/girlsontherun](http://www.ghs.org/girlsontherun)
  - **Phone:** 1-800.901.9965
- **Children's Center for Digestive Health at GHS** - The Children's Center for Digestive Health at GHS Patewood Medical campus has a full time Registered Dietitian on staff. Nutrition referrals for ages 0-18 years are welcome from physicians in the community with or without referral to the clinic physicians. Medical nutrition therapy is available for parenteral nutrition, tube feedings, eosinophilic esophagitis and other food allergies, failure to thrive, obesity, cystic fibrosis, Prader Willi, inflammatory bowel diseases such as Crohn's disease and ulcerative colitis, lactose intolerance and other types of carbohydrate malabsorption, celiac disease and more.
  - **Phone:** 1-864 454-5125
- **Sportsclub Winter Camp** – Open to ages 4-14 with activities. Camp held at Congaree Rd. only.
  - Full day \$45/per child
  - Half Day \$25/per child.
  - Discounts offered 5% with Sportsclub Membership or 10% with sibling.
  - After school care is offered during the school year for \$80/week.
  - **Website:** <http://www.sportsclubkids.com/>
  - **Phone:** 1-864-331-2530
- **Clemson Summer Camps** – Wide variety of academic, adventure, and sports related camps for school-age to high school. Please check link for list of camps, registration, and fees.
  - **Website:** <http://www.clemson.edu/summer/camps/>
- **Eating Recovery Center of the Carolinas**- An international center for eating disorders recovery providing comprehensive treatment for anorexia, bulimia, binge eating disorder and other unspecified eating disorders. Offers healing and hope for a lasting recovery to individuals and families suffering with an eating disorder. Utilizing a full continuum of care they provide expert



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behavioral health and medical treatment in an environment of compassion, competence, collaboration, and integrity.

- **Phone Number:** 1-877-920-2902
- **Website:** [www.eatingrecoverycenter.com](http://www.eatingrecoverycenter.com)