



Pediatric Wellness Program

The Pediatric Wellness Program offers free wellness coaching through one-on-one and group sessions, led by coaches who help you and your family members create lifelong healthy habits.

2 ways to learn

One-on-one coaching

Participating pediatricians refer their patients to learn healthy habits and receive customized support for your family's health goals. Sessions are scheduled based on your availability and held in your pediatrician's office.

Group class

Small groups meet in weekly, evening sessions that include interactive games, healthy snacks, goal-setting, and peer support designed to make healthy habits fun and sustainable. Classes are scheduled throughout Monterey County.

HOW TO SCHEDULE

We will contact you after we receive a referral from your doctor. If you would like more information, please call us at (831) 644-7491.



Questions?

Do I have to pay for the program?

This program is free to you thanks to the generous support of our sponsors.

What is the commitment?

The program is a four-week series. Those who choose one-on-one sessions will have four appointments scheduled based on availability. Group classes are held weekly. The schedule will be provided when you enroll.

Can my other children or family members attend?

Yes. We strongly encourage brothers, sisters, and parents/guardians to attend. All children must be officially enrolled by referral from your pediatrician before attending your first class or appointment.

What can I expect from participating in the program?

Program participants learn about goal-setting, healthy eating, physical activity, and other healthy habits. The 5-2-1-0 message helps families stay on track for long-term health and wellness.

Contact Us

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