

# Children's Weight Management

(2 sessions)



**No-cost program. Transportation available for Blue Shield Promise members.**

Join us for these two sessions to find out how to lower the risk of diabetes and other medical conditions in children ages 7 to 11. Families will make a plan to eat healthier and be more active through hands-on activities and interactive demonstrations in a fun and supportive setting.

**To register, call:**

**(562) 580-6094**, 8:30 a.m. – 5 p.m.,  
Monday - Friday

**For more information, call Customer Care:**

L.A. County Medi-Cal members  
**(800) 605-2556 (TTY: 711)**, 8 a.m. – 6 p.m.,  
Monday – Friday

San Diego County Medi-Cal members  
**(855) 699-555 (TTY: 711)**, 8 a.m. – 6 p.m.,  
Monday – Friday

**Join us:**

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Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities

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