



## Teen Wellness Center

Mott Children's Health Center  
806 Tuuri Place  
Flint, Michigan 48503

The Teen Wellness Center is a supervised, safe place for children and teens to work out... **health educators are on staff!**

**Our facility offers Elliptical Machines, Treadmills, Upright Bikes, Recumbent Bikes, Rowing Machine, Strength Training Circuit, and much more ...**

It is recommended that children and teens plan for a 60 to 90 minutes workout session. Parents or care givers will be able to wait in our lounge area until the workout session is completed.

**For more information or eligibility, please call Mott Children's Health Center at 237-7572.**

### Eligibility:

- The Program is for children and adolescents 10 to 21 years of age with a BMI-for-age percentile of 85% or more when joining the program.
- Children and youth must reside in Genesee County.
- The parent/legal guardian must complete an orientation session prior to children/teens joining the Teen Wellness Center.

**SERVICES FREE  
TO ELIGIBLE FAMILIES**

### Hours:

Monday:	3:00-6:00pm
Tuesday:	3:00-6:00pm
Wednesday:	3:00-6:00pm
Thursday:	3:00-6:00pm

