At the Healthy Weight center, our dedicated team works on creating a partnership between family members and healthcare providers to help you take attainable steps towards a healthy lifestyle and weight. In the process, we honor the strengths, cultures and traditions that help create a successful and positive environment for your family. Before your family visits the Healthy Weight Center, you will want to be sure that you feel ready to make healthy lifestyle changes.

**Achieving a Healthy Lifestyle**
During your visit, you may meet with a Registered Dietitian, Social Worker, Exercise Physiologist, Psychologist or Pediatrician to create attainable steps for a healthier lifestyle and weight. Our multidisciplinary team helps your family explore essential aspects of making changes to achieve a healthier lifestyle for lasting success.

**What to Bring**
- Your child and family members who will be supporting the patient throughout treatment
- Guardianship papers, if applicable
- ID and insurance cards

**Contact Information**
Helen DeVos Children’s Hospital
Health Weight Center
330 Barclay Avenue NE, Suite 303
Grand Rapids, MI 49503
Phone: 616.391.7999
helendevoschildrens.org/healthyweightcenter

**What to Expect at Your First Visit**
- Initial assessment up to 2.5 hours
- Determination of family’s goals and priorities
- Information about community resources related to patient and family’s expressed needs
- Working as a family and providing support as a parent guardian/caregiver

**What to Expect During Comprehensive Treatment**
- Setting family-centered goals using the framework of Healthy Counts and focusing on lifestyle changes
- Parents or guardians are expected to participate and provide support
- The team will help you address and overcome barriers to treatment adherence
- Treatment does not include free gym membership, restrictive diet plans, or workouts during the appointments

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**New Patient Consult:**
Initial assessment visit

**Treatment Visits:**
Frequent visits to review progress and assess goals

**Typical Treatment Course:**
Lasts about 9-12 months with consistent appointments

**Follow-up Visits:**
Every 3-6 months or as needed
Meet the Healthy Weight Center Team

Phoebe Bell, LMSW
Social Worker
Graduate School: Western Michigan University
Special Interests: Advocacy for children and families

Adelle Cadieux, PsyD
Pediatric Psychologist
Graduate School: Central Michigan University
Board Certification: Psychology
Special Interests: Pediatric Psychology

Hanna Jaworski, MD
Medical School: Emory University School of Medicine
Residency: Case Western Reserve University
Board Certification: Childhood obesity medicine
Special Interests: Academic general pediatrics, primary care for children

Lucie Smith, MS, RCEP, EIM
Exercise Physiologist
Graduate School: Michigan State University
Special Interests: Working with children and families on building healthy lifestyles through exercise

Stefany Swartz, RD CSP
Registered Dietitian
Graduate School: Central Michigan University
Special Interests: Helping families establish life-long healthy eating patterns

William Stratbucker, MD
Medical Director, Healthy Weight Center
Medical School: University of Nebraska Medical Center
Residency: Creighton University (Omaha, NE)
Board Certification: Childhood obesity medicine
Special Interests: Pediatrics and clinical research