



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... **get active, get healthy and have fun!**

The facility offers Elliptical Machines, Treadmills, Upright Bikes, Recumbent Bikes, Rowing Machine, Medicine Balls, a Strength Training Circuit, and much more ...

It is recommended that children and teens plan for a 60 to 90-minute 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 (810) 244-8284



Hours:

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

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 be residing in Genesee County.
- The parent/legal guardian must complete an orientation session prior to children/teens joining the Teen Wellness Center.
- **Reservations must be made before coming to the Teen Wellness Center by calling (810) 244-8284.**