



What can I expect when my child is referred to the Janeway Lifestyle Travelling Consultation Clinic?

We will mail a package to you which includes:

- An appointment for a team assessment
- Information to be completed prior to your clinic visit
- Requisition to have lab work completed before your clinic visit (children aged 5 and older)

Your clinic visit will take 3 hours. Your child will see a:

- Pediatric Endocrinologist
- Dietitian
- Physiotherapist
- Recreation Therapist
- Psychologist or Social Worker

During your visit, you will receive an information booklet with tips for healthy, active living and practical suggestions from the team.

Following your clinic visit, we will provide individual recommendations based on our assessment to you and your healthcare provider.



Janeway
Lifestyle
Program

Good Health for EveryBODY

Janeway Lifestyle Program Travelling Consultation

Janeway Children's Health and
Rehabilitation Center
300 Prince Philip Drive
St. John's, NL A1B 3V6
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www.easternhealth.ca/JLP



Janeway
Lifestyle
Program

Good Health for EveryBODY



**Travelling
Consultation Clinic**



Janeway Lifestyle Program Travelling Consultation Clinic

The Lifestyle team works with:

Families whose children have been identified as having risk factors for the development of chronic disease. These may include:

- cholesterol problems
- high blood pressure
- polycystic ovarian syndrome
- liver disease
- high blood sugars
- weight concerns



Who are we?

We are a team of healthcare professionals.

We help families to live healthy by focusing on:

- Eating well
- Being active
- Feeling good

We provide the most current information on healthy living for your child and family.

We believe in a respectful, non-judgmental approach to working with families.

We believe that healthy behaviours are important for people of all body sizes and shapes.



What do we offer?

An individual clinic assessment completed by the team.

Written summary and feedback provided to you and your healthcare provider.

Follow up consultation with your family, as needed.

How can my child be referred?

Children **who have a risk factor** for the development of chronic disease can be referred by any healthcare professional.

A referral form can be obtained by contacting 777-4387 or via e-mail at lifestyle.program@easternhealth.ca.

