



 **Cleveland Clinic**
Center for Functional Medicine

Functional Kids

(ages 5-12 years)

Functional Kids is a shared medical appointment program that includes four shared appointments occurring every other week over the course of eight weeks. In this program, parents and guardians will attend each visit with their child.

The Functional Kids program is a shared medical appointment experience that introduces parents and children to the functional medicine program and provides medical instruction, health coaching and dietary guidance needed to support your child's health.

Each week, parents and children interact with one of the various functional medicine providers including physicians, dietitians and health coaches to gain insight on normalizing digestive issues through nutrition, reducing toxins and relaxation techniques to lower stress and improve sleep habits.

The Functional Kids program meets for 75 minutes every other week and includes four total shared visits spread over eight weeks.

The Functional Kids program has two different age-dependent classes (5-12 years). Each group will focus on various topics including, but not limited to:

- Crohn's
- Eczema
- Environmental allergies
- Eosinophilic esophagitis
- Irritable bowel syndrome
- Mild to moderate abdominal pain
- Mild to moderate asthma
- Recurrent upper respiratory infections

For details visit clevelandclinic.org/functionalkids

To register for the Functional Kids program,
visit clevelandclinic.org/fmkidssignup or call 216.444.8716