



## #SoFunctional Program

The #SoFunctional program is an innovative, 4 session, bi-weekly program of shared medical appointments designed for children ages 7-12 years and their caregivers.

In this program, children will interact with a multi-disciplinary team of caregivers including a Provider, Registered Dietitian and/or Health Coach. Children and their family will have access to individualized support and ongoing communication with members of the care team throughout the program.

The #SoFunctional program is an innovative, educational approach to wellness designed especially for kids. This program will introduce children and their families to the Functional Medicine model of care, provide health information, and deliver nutrition and lifestyle recommendations needed to promote lifelong wellness.

### **The #SoFunctional Program is for:**

- Children at high risk for developing chronic disease such as obesity, diabetes, digestive disorders and Attention Deficit Disorders.
- Children who have a history of poor sleeping habits and eating behaviors.
- Children who are hesitant to try new foods.
- Parents who want to empower themselves and their children to make healthy choices.

Each session is 90 minutes long, with the exception of session 2 which will last 2 hours, and includes "Dinner with Dr. Hyman". Mark Hyman, MD is a world renowned expert in health and nutrition and the Director of the Cleveland Clinic Center for Functional Medicine. "Dinner with Dr. Hyman" will be held at Mustard Seed Market in Fairlawn, Ohio. Children will have the opportunity to shop, cook and enjoy a meal with Dr. Hyman.

To register for the Functional Kids program, visit [clevelandclinic.org/SoFunctional](https://clevelandclinic.org/SoFunctional) or call 216.444.8716