

Within every child, there's

A BRIGHT FUTURE.



Shapedown helps kids learn to exercise and eat better.



Respiratory outreach helps make homes comfortable for kids with asthma.



Safe Sitter® teaches kids how to become top-notch baby-sitters.

At Community Hospital, we help kids get a healthy start in life with innovative programs such as *Shapedown*, *Respiratory Outreach Asthma Program*, and the popular *Safe Sitter®* class. Our goal is to foster self confidence, healthy home environments, strong bodies, and creative minds.

For more information, contact us at (831)625-4708 or go to www.chomp.org.



Community Hospital
of the Monterey Peninsula®

Innovative healthcare with a human touch