

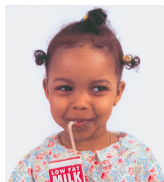


Free Nutrition & Parenting Skills Workshop
Starting March 22, 2012
6:00 pm
Cullman Center
Sidney, NY

For parents and caregivers of children age 3-11 years.

Learn New Skills Every Week!

- Parenting techniques for **Showing, Guiding, Supporting and Shaping** to make healthy changes in your family!
- Focus on Food** segment featuring samples to try, fascinating facts and recipes to bring home!
- Fun, interactive activities** that build your confidence and parenting skills.
- Active Play** ideas to use with children.
- Get on a balanced **PATH** to healthy eating.

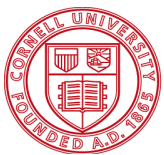
I am interested in attending this free program starting March 22, 2012 on Thursdays @ 6:00 pm, Cullman Center, Sidney, NY

Please give this tear-off slip to: _____

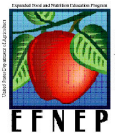
Name _____

Address _____

Phone _____



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