

Healthy Parenting Workshops

This fun and interactive 6 week series explains how to make healthy habits, like regular physical activity, eating well, and good rest, a part of your family's daily life. We will also share tips and tricks to improve your child's behaviors. Take time to connect and learn from other parents, share your experience, and discover what works best!

Thursdays, 6:00 pm-7:30 pm

East San Gabriel Valley Japanese Community Center

RSVP at 626-960-2566

Healthy Parenting Workshop Weekly Schedule

Date	Nutrition Topic	Parenting Topic
May 26	Changing How We Serve Food	The Power of Praise
June 2	Healthy Eating For Your Child	Giving Commands That Work
June 9	Reading Food Labels	Daily Routines
June 16	Strategies for Healthy Eating and Shopping	Weekly Routines
June 23	Sugar Sweetened Beverages and Physical Activity	Ignoring Unwanted Behaviors
June 30	Healthy Snacks and Celebrations	Enforcing Rules

Weekly giveaways, food samples, snacks & child care available!

*Healthy Parenting Workshops are facilitated by YWCA San Gabriel Valley, Choose Health LA Kids!
For more information please call us at 626-960-2995 x161 or visit our webpage at www.ywcasgv.org*

BRIDGING CULTURE, FAMILY, AND COMMUNITY

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For more information | 626.960.2566 | esgvjcc.org
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