



**HEALTHY CHILDREN, HEALTHY FAMILIES  
Parents Making a Difference!**

**Free Nutrition &  
Parenting Skills Workshop  
Begins March 22, 2012  
For 8 Weeks  
Father Rausch Memorial Hall  
Hancock, NY**

**FREE \$25.00 FOOD  
COUPON\***

*\*For those who qualify upon  
completion of 8-week Nutrition &  
Parenting Skills Workshop.*



## 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 your family.



Get on a balanced **PATH** to healthy eating.



*If you are interested in attending this free 8-week program starting  
March 22, 2012, Thursdays at 10-11:30 am, at Father Rausch Memorial  
Hall in Hancock, NY, please call 607-865-6531*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_



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