

# Healthy Starts at Home



Please join us for a Healthy Families Series

Interactive workshops for children 8–14 years old and their parents or caregivers

\*Dinner will be provided each night\*

**Wednesdays, February 27 – April 3, 2019 • 5:30–7:30 p.m.**

CCE Albany County: 24 Martin Road, Voorheesville

## Workshop topics include:

- Good nutrition and healthy meal preparation
- Stress management and mindfulness
- The importance of regular physical activity
- Safety in the home
- Dealing with peer pressure
- Avoiding risky behaviors

Advance registration required. Contact Barb Stevens at (518)765-3541/[bes13@cornell.edu](mailto:bes13@cornell.edu) or Lisa Buenau at (518)765-3556/[lab38@cornell.edu](mailto:lab38@cornell.edu) to register.

Presented by

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