

Food Parenting 101

Thursday April 26th at 5 pm at ACCC

- Do you have a picky toddler? School-aged child? Teen?
- Don't want to do the drive-thru again but don't know what to make for dinner tonight?
- Want to learn the “why” of how we eat what we eat?
- Interested in recipes that are easy to make, healthy, and your kids will actually eat?

Then this class is for you! Come to our first parenting class on food and nutrition on Thursday April 26, 2018 at 5 pm at ACCC.

Our featured speaker is Stefani Glass. Stefani is a Certified Health Coach and mother of three children (who are patients of ACCC). She works with families on achieving a better nutritional state for everyone in the house. She has a passion for nutrition and developed an interest in cooking later in life. She is interested in all aspects of food preparation as well food origins. Stefani has developed her own baby food line called Foodie Cubes for babies 4-12 months that she sells at Farmers' Markets in Atlanta. She regularly engages with schools, daycares, and children of all ages and their parents as well as corporate entities in conversations about healthy food and lifestyle choices.

Dr. Chugani will also be available at the class for any questions. We hope that this class will be the first of many in a series about different parenting topics. The cost for this first introductory class will be your comments on the survey card. We ask that you provide us feedback about how you liked the class and what other topics you may be interested in.

RSVP to rsvp@atlchildrens.com by Monday April 23rd

Questions? Email us at rsvp@atlchildrens.com



