



HOW TO RAISE A HEALTHY, HAPPY EATER

PARENT TRAINING SESSIONS HAPPENING THIS SPRING

**Learn how to promote healthy eating habits in
your toddler and family life**

Join Amy Halfmann, registered dietitian nutritionist, as she teaches parents, teachers, and caregivers about Ellyn Satter's Division of Responsibility. Learn what your job is as a parent when it comes to feeding and what your child's job is when it comes to eating.



**Attend a training at a
Head Start Center
near you:**

**Ayers Love, Pecos-
Monday, February 26
6:00PM**

**Bauer, Big Spring-
Tuesday, February 27
10:00 AM**

**Hollingsworth, Odessa
Thursday, March 1
10:00 AM**

**Monahans
Tuesday, March 6
6:00 PM**

**Refreshments will
be provided!**

**THIS EVENT IS
SPONSORED BY:**

