



Join our Parent Workshop on

Health at Every Size



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**SLEEP
WELL**

**HAVE
FUN!**

*Peace
of Mind*

*Eat
Smart*

HEALTH IS MULTI-DIMENSIONAL. So much emphasis is placed just on weight, but other factors are just as important, such as restful sleep, movement, stress management, friendships, healthy food choices, and much more.



Come to this insightful talk about creating a healthy body-positive environment for you and your family.

January 12th at 6:30 pm via Zoom

[Please register to attend](#)

Presenter is Laura Schofield-Pierson
Executive Director, YMCA of Greater Brandywine

Contact Kate Coulter if you have any questions:
kcoulter@wccasd.net



Taller para Padres



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

La salud de todos tamaños

**DOR-
MIR**

**¡DIVER-
SIÓN!**

Calma

*Comer
sano*

LA SALUD ES MULTIDIMENSIONAL. Se pone mucho énfasis solo en el peso pero hay otros factores importantes como el sueño reparador, el movimiento, control del estrés, las amistades, elegir alimentos sanos y más.



Participe en esta charla esclarecedora sobre cómo crear un ámbito positivo para la mente y el cuerpo para usted y su familia.

12 de enero a las 6:30 pm en Zoom

Regístrese aquí para participar
Laura Schofield, ponente

Habrà interpretación al español

Contacte a Kate Coulter si tiene consultas
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