Small Changes Make a Big Difference!

Hosted by the

PARK RIDGE EDUCATION ASSOCIATION

SUPPORT ♥ CONNECT ♥ EMPOWER

All Parents & Caregivers Welcome!

A Night with a Registered Dietician

with Michelle Pillepich, RD

Practical Nutrition Tips for Real Life

Join us for an informative and supportive presentation on nutrition, habits, and practical strategies to promote more intuitive eating and what works best for you and your family.

- Build a Positive Relationship with Food
- Nutrition for All Ages
- Practical Real-Life Tips
- Support Confident, Balanced Eating
- Tips for Picky Eaters

Thursday, November 12th | **6:30 pm – 7:30 pm**

Park Ridge (Exact location to be shared via email)

About Michelle Pillepich, RD

Michelle Pillepich is a Registered Dietician passionate about helping individuals and families build a positive relationship with food. She provides practical, realistic nutrition guidance to support happier lives through an intuitive and balanced approach.

MICHELLE PILLEPICH
REGISTERED DIETICIAN

https://michellepillepich.com/

Spots are limited!

For assistance, email SamanthaZukatus@parkridge.k12.nj.us

SUPPORTING FAMILIES ♥ STRONGER STUDENTS ♥ BRIGHTER TOMORROWS