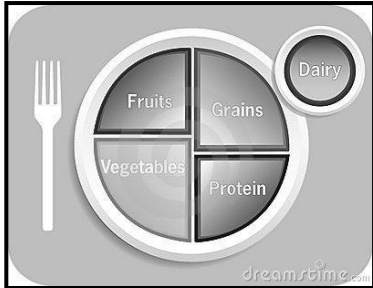




Milton Early Childhood Alliance
co-sponsored by
Beth Israel Deaconess Hospital-Milton



Charting a Course for Childhood Nutrition

This 2-Part Series for parents and caregivers will be held at:
Milton Hospital, Conference Room A
199 Reedsdale Road, Milton

To be Presented by:
Mercy Devadoss, RD, Lead Clinical Dietitian and
Jill Gordon, RD, Dietitian

Part 1

Tuesday, May 22, 2012
6:30-8:00 PM

Children are often picky eaters, excessive snackers or junk food junkies, but poor nutrition habits at an early age can lead to a lifetime of serious health issues. Obesity, diabetes, high cholesterol and blood pressure are just a few of the dangers that lie ahead for children with unhealthy eating habits. Learn how to right the wrongs and steer your children toward the health benefits of a well balanced, nutritious and delicious diet.

Part 2

Tuesday, June 5, 2012
6:30-8:00 PM

Many foods make bold claims about their nutritional value. But how healthy are they, really? How can you be sure you're packing a healthy lunch or serving a nutritious meal? Learn how to understand nutrition food labels and new food models such as "My Plate" and help your children establish good nutrition habits.

Registration Information: Please register by calling 617-696-2262 or online at cpcmecasld@verizon.net. Free childcare will be provided and MUST BE reserved at registration. Space is limited - please register early!