

Parents TOGETHER

“Teaching Effective Eating and Exercise Habits to Children and Teens”

Presented by

Erica Christ, MS, RD, CDE, and
Lisa Elpi, MS, Senior Exercise Physiologist at
The Center for Healthy Living at Greenwich Hospital

Monday, November 16, 2009
9:15 AM, Cone Room, Greenwich Town Hall

Good fitness and nutrition are as essential to our children's lives as reading, writing and arithmetic. Bad habits affect them mentally, emotionally, socially and physiologically. This lecture focuses on how to teach healthy eating and exercise habits in a realistic and empowering way for them. Whether you have an elementary school child or a teen applying to college, come learn tips and tools for stocking your pantry and relieving mealtime pressures while motivating and inspiring healthy, rational habits that last a lifetime.

Erica Christ and Lisa Elpi will share strategies developed over years working with families on wellness and nutrition. Together they can answer your questions about “brain food” and the links between exercise, academic learning and creative thinking; how to pack lunches to avoid holiday spikes and crashes; how to boost immune functions during the flu season; how to help your child concentrate on homework after a long day; the needs of a young athlete; and much more.

Through its network of PTA delegates, **Parents Together** links parents of Greenwich public and independent schools to address issues that affect our children and community. For more than 30 years, **Parents Together** has provided parents with free lectures, newsletters and a comprehensive website.

For the Fall 2009 issue of *Parents Together Newsletter*, visit our website: at:

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