

PARENTING TODAY

A free community health education program coordinated by Children's Health Services
and the Department of Pediatrics at Winthrop.

HEALTHY KIDS:

Step Up to the Plate - Combating Childhood Obesity

The statistics are staggering - childhood obesity is now an epidemic in the United States, putting children and teens at risk for a variety of medical conditions and social problems. Learn what you need to know to safeguard your child's well-being. **Jean Corrigan, RN, MA, CDE, Program Director of Pediatric Diabetes and Coordinator of the Healthy Kids Program**, will explain the dangers of being overweight or obese, its causes, and simple steps you can take to help your child or teen develop a healthy lifestyle.

A question and answer period will follow.

Date: Wednesday, November 7, 2007

Time: 6:45 PM Registration; 7:00 PM Program

Place: Winthrop Community Outreach Center
101 Mineola Blvd., Mineola
(at the corner of Second St., use rear entrance)

Admission is free, but seating is limited.
Please call **1-877-559-KIDS** to reserve your place.

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