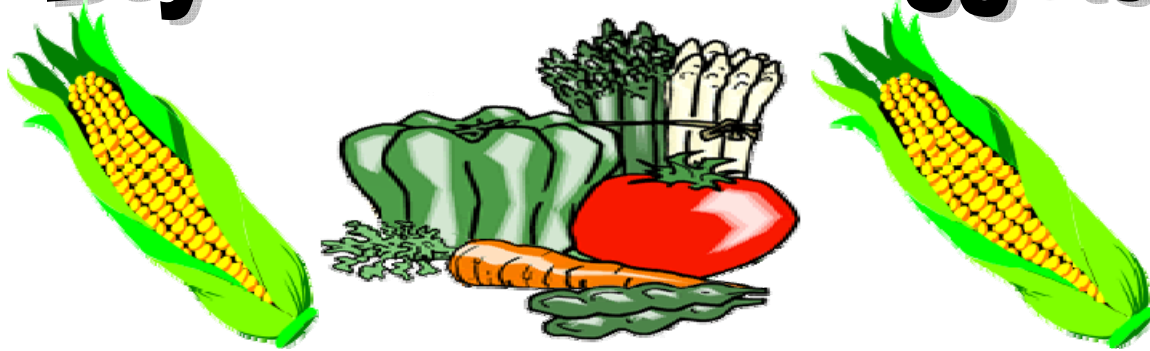


# Beyond Chicken Nuggets



## Learn about raising a healthy eater!

A **Free** Workshop for Parents Presented by  
**Ashleigh Sellman, American Dietetic Association**  
Registered Dietitian, Certified Specialist in Pediatric Nutrition

**Saturday, March 12th, 2011**

**10:00-12:00 p.m.**

**CHILDREN, YOUTH & FAMILY SERVICES**

**1000 East High Street, Charlottesville**

### Learn More About:

- ★ *How to raise healthy, varied, experimental and happy eaters.*
- ★ *Behavior and psychological aspects of eating and feeding kids.*
- ★ *How we feed our kids has long lasting effects on a child's esteem.*
- ★ *How restricting or forcing children to eat can lead to eating disorders or excessive weight gain.*

**FREE CHILDCARE is LIMITED (must register in advance).**

Call 296-4118 ex. 0 to register or if you would like more information.



**VA DEPT. OF  
SOCIAL SERVICES**