

**Best Practices to
Prevent Obesity in Children**

A Good Night's Sleep: Helping Parents & Children Develop Healthy Sleep Practices

A free workshop for staff who work directly with families with children birth to age 12. Learn the science behind sleep, best practices & recommendations, and how to talk to parents. Presented by Gretchen Kinnell of Child Care Solutions.

**Monday, August 27th from 1:00-4:00 pm
New Beginnings Church, 227 Genesee St., Wampsville**

To register, call Chrystal Johnson, Madison County Health Department, at 315-366-2361.
Register early, space is limited.

Brought to you by:

