



Weight Control For Kids (& Parents)

- A unique lecture by Kenneth Storch, MD, PhD to show parents new techniques for calorie counting that will improve eating habits for the entire family.
- Learn that calorie counting can be a simple, kid-friendly and smart tool for weight management.
- In addition, creative kid-friendly recipes and great tasting snacks will be provided for parents to sample.

Shaping Kids' Habits

January 26th, 2009
7:00—8:00 pm

Free
Space Limited
Pre-Registration
Required