



Join us for dinner and an interactive workshop:

Create Healthy Habits at Home:

Strategies to Help Your Kids Build a Healthy Relationship With Food

Thursday, March 27th

7 – 8:30pm

Healthy Habits Kitchen; Wellesley, MA

Tired of bribing your kids with food?

Join Healthy Habits Kitchen and local pediatric psychology expert, Susan Brown, for a nutritious dinner while learning strategies to help your children and adolescents establish healthy eating habits.

We've all been there – shoving processed snacks in our kid's mouths to stop them from throwing a tantrum or bribing them to eat their vegetables at dinner. Instead of using food as a bargaining tool, Susan will discuss tactics to help you position food in positive ways and help your children understand food as a tool to nourish their bodies. You'll come away with a goody bag and a new outlook on snack time and family meals!



Cost: \$29 for dinner, workshop and goody bag; \$79 to include Healthy Habits meal kit options (your choice of 3 small or 2 large meal kits)

RSVP is required by March 20th and space is limited.

Register at:

healthyhabitskitchen.com



Susan D. Brown, MSED

Susan Brown, co-owner of Newton-Wellesley Family Pediatrics, and founder of 'Parent to Parent Inc.' is a cognitive behavioral therapist who has been in private practice for over 19 years. Susan has worked in the psychology field for 33 years at various psychiatric facilities including Albert Einstein, Tufts New England Medical Center, Baystate Medical Center and the Expressive Center in Cambridge.

Susan is also an ADD/ADHD coach, sports peak performance coach and is passionate about the practice of positive psychology. Susan is a mom of 6 children: 3 boys and 3 girls ages 19, twins 23, 24, 29 and 30.