

## Keeping Your Child Healthy

A FREE ONLINE class about NUTRITION given by Pediatrician - Dr. Wendy Longo

- healthy choices for infancy , childhood & adolescence
- important nutrients to include in your child's diet to keep their immune system strong
- tips for developing better eating habits and things to avoid
- tips for picky eaters

You are invited to a Zoom meeting.

When: Jan 20, 2021 07:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/tZAsfuGrqDwtE91tfpb5FWql-FHGJega2BO5>

After registering, you will receive a confirmation email containing information about joining the meeting.