

Children's Wellness

Healthy Development

Join pediatric experts in nutrition, development and movement for this **no-cost** one hour class. Learn and play in a fun environment as we cover topics such as:

- Developmental milestones
- Feeding and nutrition
- Promoting healthy sleep
- Exercise strategies

Research indicates the early years of development are crucial to laying the foundation for success. This workshop can help new and experienced parents or caregivers prepare their child for a bright future. For more information or to register, call 425-339-4284.

**Locations
and times
available
online!**



99-441 4/17s