

REAL MOMS: REAL QUESTIONS...REAL ANSWERS

**Join us on February 4th at 7:00 PM in the Hamilton School Gym
The evening is open to all Glen Rock Elementary School parents**

An interactive session with Laura Cipullo, RD, about the skills adults and children need to foster a positive relationship with eating and neutral relationship with food

Laura Cipullo, RD, CDE, CEDS is a registered dietitian, certified diabetes educator and a certified eating disorder specialist. Laura maintains a private nutrition practice in New York City, Laura Cipullo Whole Nutrition Services. With over 15 years of experience, Laura specializes in diabetes, preventing and treating eating disorders, pediatric and family nutrition, using a holistic approach; through a combination of medical nutrition therapy, intuitive eating and client empowerment.

As adults, we are accustomed to asking ourselves whether or not something is healthy on a regular basis. This presentation guides parents on what to do when our children begin to ponder the very same question.

Topics to be discussed include:

- Food and Language: Is this healthy?
- A Blueprint for Your Child's Nutritional Intake
- Intuitive Eating for Children: Hunger and Fullness Cues

*****Sponsored by Hamilton HSA*****

