



Community Education

FAMILY LIFE

KIDS IN THE KITCHEN

Hands-on cooking classes directed by a dietitian. For children and their caregiver (one adult must attend). Register early as class size is limited. \$5 per child/caregiver.

Merry Berry Month!

Colorful berries add healthy benefits.
Ages 3 to 8: Thu., July 12; 11 a.m. to Noon
Ages 6+: Fri., July 13, 6:30 to 8 p.m.

It's a Peach Party!

Celebrate a summertime favorite.
Ages 3 to 8: Thu., August 9; 11 a.m. to Noon
Ages 6+: Fri., August 10, 6:30 to 8 p.m.

Better Breakfast Day

Quick and easy morning meal ideas.
Ages 6+: Fri., September 7, 6:30 to 8 p.m.

Safe Sitter: Baby Sitting Class

**Thu., August 2;
9 a.m. to 3:15 p.m.**

Children will learn safe and nurturing techniques, behavior management skills and appropriate responses to medical emergencies. Ages 11 to 13. Students earn certification in babysitting. Bring your lunch. Fee: \$65.

Just For Girls

**Sat., September 29;
10 a.m. to Noon**

Bring your 9- to 11-year old daughter to this fun introduction to puberty, body image, self-esteem and nutrition. An interactive class to help guide your daughter through this significant time in her life.

Fee: \$12 per child; adults are free. Includes book: *American Girl: The Care & Keeping of You.*

KidsFit Program (formerly Shapedown)

For weight-challenged youth ages 8 to 16, this nine-week all-inclusive wellness program teaches children, teens and their families how to live a healthier lifestyle. Focus is on nutrition and healthy eating, physical activity, behavior changes and self-esteem. Call 609.890.4441.

REGISTRATION REQUIRED. Call HealthConnection: **609.584.5900**. Or register online: rwjhamilton.org/education. Programs are held at the RWJ Fitness & Wellness Center, unless otherwise noted. All programs are FREE, unless otherwise noted. Registration is strongly encouraged so that all guests may be seated and also notified if a program is canceled.