

Child Wellness: Nutrition and Physical Activity Training

Eat, Drink and Stay Healthy:
LMCC Healthy foods, Beverages
and Infant Feeding

EVENT #114919

Discussion will include

- The importance of serving healthy food and beverages
- Obesity trends & consequences of childhood obesity
- Infant nutrition
- Plus more!

Date: **11/9/18**

Time: **10:30am-12:30pm**

Location: Child Care Connection
1001 Spruce St. #201, Trenton,
NJ 08638

Join the fun with two training
topics!



Put Down that Screen and
MOVE! LMCC Physical activity
and Screen Time

EVENT # 114928

Discussion will include

- How physical activity helps children stay healthy and ready to learn
- Limiting screen time
- The benefits of increasing their activity
- Plus more!

Date: **11/9/18**

Time: **1:00-3:00pm**

Location: Child Care Connection
1001 Spruce St. #201, Trenton,
NJ 08638

Register by going to www.njccis.com