

Tired of being a short order cook for your picky eater?
Bored with your recipes?

Join us for our next **FREE Parent Resource Seminar:**

Happy, Healthy Eaters

Wednesday, March 3rd
7:00 p.m.

Presented by Kelly Shannon, R.N.

FREE
BABYSITTING!

- Learn nutritious meal planning for your ENTIRE family
- Taste-test our healthy snacks
- Hear practical tips and recipe ideas
- Come prepared with questions or advice to share!

Each attendee will receive a FREE resource packet filled with lots of quick-reference information for parents on-the-go, such as sample menus for packing healthy lunches and making nutritious snacks.



Kelly Shannon, R.N., is a registered nurse, wife, mom, and health & wellness educator whose expertise in health and nutrition helps families eat smarter!

**Christina Gries
Beth & Corey Wegerbauer**
On-site Directors/Owners
9 S. Bacton Hill Road, Malvern
At Swedesford & Planebrook Rds.
near the Exton Square Mall

610.644.1096

www.buildingblockchildcare.com



The seminar is free, but please register in advance by calling
610.644.1096

Want to discover more about Building Blocks?
Join us for a **fun-filled summer** of arts & crafts, soccer, kinderdance, cooking, and science & nature camps, plus cool field trips and visitors!

Call or visit our web site for a Building Blocks Program Guide.

Need **child care** for one day or even just a few hours?
Ask about drop-in, school's out, and after-school care options!