

Mom & Tot Stroller Days

Every Thursday at the Market



Thursdays at **3:00 p.m.**
Join us... **It's FREE!**

SHOP

EAT

LEARN

PLAY

RELAX

August 19: Scarlet Sybrowsky, of City Market's Grain Market, will talk about healthy eating. She will discuss the importance of a healthy diet as well as how to maintain a healthy lifestyle regardless budget or a busy schedule.

August 26: Educational opportunities in the Lansing area - from finalizing that GED to college and graduate studies. Speaker TBA.

September 2: Wendy Ridenour, Immunization Programs Supervisor for Ingham County Immunizations, will talk about vaccinations, the reasons for immunizing your children, the debate over the risks of vaccinations and immunizations for new moms and dads.

September 9: Joyce McGarry, of MSU extension, will discuss food preservation. Topics include: what to preserve, how to do it, benefits of the process and how easy it is.

September 23: Program Coordinator, Deb Behringer RN, MSN from Michigan Department of Community Health Childhood Lead Poisoning Prevention Program will provide information for families on preventing lead poisoning. In addition, the topic of good nutrition relating to the prevention and treatment of lead poisoning will be discussed.

September 30: Lori Brasic, of the Office for Young Children, will speak about preschool and daycare opportunities. She'll discuss the different options and how to find the best place for your child.



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