



Healthy Habits: Nutrition and Well-Being for Young Children

This **Family Child Care at Its Best** workshop focuses on supportive communication and participation in activities to help children develop behaviors that lead to healthy living, making food choices, maintaining personal safety, and oral health.

February 3, 2024, 9:00am-2:30pm

Presented by: Julia Ruedas, WestEd

This workshop will be presented in person, in English, and will take place at:

Options for Learning
13100 Brooks Drive, Suite 100
Baldwin Park, CA 91706

To register for this **NO COST** workshop, use the QR code or click the following link:
<https://www.eventbrite.com/e/healthy-habits-nutrition-and-well-being-for-young-children-tickets-769205984807?aff=oddtcreator>



For more information:
Call: Josie Medina at (626) 479-8861
Email: imedina@optionsforlearning.org



Family Child Care at Its Best Early Learning and Care Workshops are intended for licensed and license exempt child care providers, family, friend, and neighbor, and other providers who care for mixed aged children.

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