



MAXIMIZE YOUR FAMILIES HEALTH

health through healthier relationships and healthier bodies.

1 SESSION

FRIDAY, FEBRUARY 10th,
5:30 P.M. – 9 P.M. AND
SATURDAY, FEBRUARY 11TH,
8 A.M. – 12:30p.m.

Location: Audrain City-County Health Unit, 605 E. Promenade, Mexico, MO

This is **FREE** of charge for parents, teachers, and caregivers in Audrain County. This program qualifies to meet training hours for foster parenting in Missouri. This program also meets guidelines for clock hours for day care providers.

Pre-registration is required.

For more information contact:
Audrain City-County Health Unit
Bev Borgeson
605 E. Promenade St.
Mexico, MO 65265
Phone (573) 581-1332

This program is made possible by the Maternal Child Health program directed by Missouri's Dept. of Health and Human Services.



Public Health
Prevent. Promote. Protect.



Love and Logic[®]

KELLEY UPHAM WILL PRESENT

America's Most Practical and Entertaining Parent Training

BECOMING A LOVE AND LOGIC PARENT[®]

A parent training program designed by the Love and Logic[®] Institute, Inc.

GRETA HOPKE, R.D. WILL PRESENT

"YOUR FAMILY'S HEALTH"

Greta will present information on physical fitness and nutrition for your family. Learn tips for getting your kids to make healthier food choices.

SUSIE DEIMEKE, R.N. WILL PRESENT

"TALKING TO YOUR KIDS ABOUT..."

When your child asks where babies come from, do you break into a sweat and blame it on the stork? Susie will provide you information and discussion on having "the talk" with your child.

To register, mail to:

ACCHU
PO Box 957
Mexico, MO 65265

Or fax to: 573-581-6652

Please register me for your upcoming *Becoming a Love and Logic Parent[®]* seminar!

Name: _____

Address: _____

City: _____ State/Zip: _____

Phone: _____ E-mail: _____

Cell Phone/Text Messages: _____