



Cornell University
 Cooperative Extension
 of Suffolk County

**The Family Health and Wellness
 Program Presents The
 Fall 2013 Riverhead Education Series:**

Secrets of Successful Weight Loss

Wednesday, October 30, 2013
 6:30 – 8:30 p.m.

Losing weight is difficult and keeping it off is even more challenging. Learn what the research says about people in the real world who have lost weight and managed to keep it off. *This workshop is designed for adults of all ages.*

The Family Table

Wednesday, November 6, 2013
 6:30 – 8:30 p.m.

Busy schedules have driven families away from the everyday shared meals we once knew. Just in time for the holidays parents can learn about the multitude of benefits their children can obtain from the simple act of shared meals. Families can take pride in modeling traditions, good nutrition, better communication skills and using mealtimes to educate and guide children while at the same time improving their social skills. *This workshop is designed for parents of children of all ages.*

Smart Kids

Tuesday, November 19, 2013
 6:30 – 8:30 p.m.

Did you know that academic success at ages 9 and 10 can be attributed to the amount of words that a child hears from birth through age three? Thinking about how to prepare your infant or toddler for school may seem like a premature concept; however, research indicates that school readiness starts long before a child begins kindergarten. Come to this workshop to learn about non-academic factors that contribute to school success. *This workshop is designed for parents of children ages birth to three.*



Registration required. All workshops are \$10.00 each. Please fill out the form below and return with payment to:

Fall 2013 Riverhead Education Series
 Cornell Cooperative Extension of Suffolk County
 423 Griffing Ave., Suite 100
 Riverhead, NY 11901

Or pay using a credit card:
 _____ MasterCard _____ Visa
 Card Number: _____
 Expiration date: _____

Name: _____
 Address: _____
 City: _____ Zip code: _____
 Email: _____ Phone: _____

Please indicate which workshop(s) you are registering for:
 _____ Secrets of Successful Weight Loss (Wednesday, October 30, 2013)
 _____ The Family Table (Wednesday, November 6, 2013)
 _____ Smart Kids (Tuesday, November 19, 2013)

No one will be excluded from a program based on ability to pay. Please contact Anastasia Loper at 631/727-7850 ext. 340 or email at abl98@cornell.edu if you have any question or special needs.

Cornell Cooperative Extension in Suffolk County provides equal program and employment opportunities.
 Cornell Cooperative Extension in Suffolk County is funded in part through the office of the County Executive and the County Legislature.