



# Knowledge is POWER

## LUNCH-AND-LEARN PARENTING SERIES

### Designer Meals: Redesigning Your Children's Meals with Healthy Substitutions

Wednesday, Sept. 14; Noon

Columbus Public Library

Presented by pediatrician Kathryn Cheek, M.D. of RiverTown Pediatrics and Ellie Brooks, M.Ed. of Strong 4 Life, this program will address the obesity/diabetes connection and offer tips for "repackaging" kids' meals to make them healthy, yet fun to eat.

### Drugs are Really Everywhere: A Parent's Guide to Recognizing Signs of Alcohol and Drug Use

Wednesday, Oct. 12; Noon

Columbus Public Library

Presented by Janine Burgher-Jones, M.D., Associate Director of the Columbus Regional Family Residency Program and certified in addiction medicine, and Crime Prevention/DARE officer Sgt. Donald Bush of the Columbus Police Department, this program will offer insight into behaviors associated with alcohol/drug use, the prevalence of drug use in the Columbus area, and an opportunity to view drugs and drug paraphernalia.



### The Joys and Challenges of Single Parenting

Wednesday, Nov. 9; Noon

Columbus Public Library

Presented by psychologist Albert Eaton, Ph.D., Associate Director of the Columbus Regional Family Medicine Residency Program, this program will offer tips to help single parents handle the challenging times of child-rearing and find ways to increase the number of joyful family experiences.

### Taking Care of Yourself while Raising a Special Needs Child

Wednesday, Dec. 14; Noon

Columbus Public Library

Presented by developmental psychologist Angela Sims, Ph.D. of the Pastoral Institute, this program will offer insight to help parents of special needs children ensure they are taking care of themselves, nurturing their relationships, and making time for others.

**Lunch is free, but registration is required.**  
The deadline for registration is at noon on the Monday before each lunch-and-learn event. Seating is limited so register today at [www.yourhealthhourmission.com](http://www.yourhealthhourmission.com) or by calling (706) 660-6545.

