



Decisions at Every Turn Coalition &
Friends of the Ashland Public Library
Community Programming presents:



Putting the Fun in Family Dinners

Tuesday, March 8, 2016

7:00 PM - 8:30 PM

Ashland Public Library

Lower Level

Lisa Beaudin

*Director of Nutrition Services
Ashland Public Schools*

Cindil Redick

*Program Manager
The Family Dinner Project*

This program is appropriate for parents and guardians with children of any age.

Sharing a fun family meal is good for the spirit, brain and health of all family members. Family dinners have been linked to the kinds of behaviors that parents want for their children: higher grade-point averages, resilience and self-esteem. Make the kitchen table the cornerstone of family conversation!



Come join our discussion with Lisa and Cindil as they tackle everything from picky eaters to encouraging active engagement and fun at the dinner table.

- *Get new ideas for ways to eat healthier*
- *Discover simple steps to live a healthier lifestyle*
- *Learn how to model these behaviors for your children*

About our speakers:

This workshop is presented by *Lisa M. Beaudin*, Director of Nutrition Services at Ashland Public Schools and *Cindil Redick*, Program Manager of The Family Dinner Project, a non-profit organization energizing a movement of food, fun and conversation about things that matter.

*This program is hosted by the Decisions at Every Turn Coalition and The Friends of the Ashland Public Library 2015-16 program series. **Programs are free and open to the public.** For more information about this program, please email president@friendsoftheapl.com.*