



Center for Families



Read It! Sing It! Move It! Cook It!
An interactive workshop on nutrition
for Parents & Kids – 3 years and up



Come to a fun, family, interactive, multisensory nutrition education program where food-related stories and songs will be shared, gardening and cooking will be enacted and yummy in your tummy nutritious and delicious delights will be tasted together.



Presented by **Jacalyn Newman**,
Dietitian-Nutritionist with many other skills
Friday, April 8th, 10:00 – 11:30
Windsor Street Health Clinic, 119 Windsor Street, 2nd floor



For families living in Cambridge,
For registration and questions please call Christine
At 617-349-3003 or e-mail at cdoucet@cambridgema.gov



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For more information visit our website at www.cambridgema.gov/DHSP2/families.cfm