Bellevue College Early Learning Center Presents:

“WHAT GOES IN, MUST COME OUT…”

A NUTRITION APPROACH TO BEHAVIOR

... does what our children put in their bodies affect behavior, growth, intellect, health, & energy?

Please join Shannon Fenster, M.S., Certified Nutritionist and Bellevue College Instructor, for an informative discussion on young children and food. We will explore how to better insure our children have a healthy, nutritional beginning and ways to insure that childhood obesity and related development concerns do not impact our children.

Wednesday, April 21st

5:00 PM @ BC Early Learning Center

Snacks, recipes, and resources will be provided.