



BETTER BEGINNINGS

Bright Horizons at Trumbull is proud to partner with Better Beginnings to bring to you our winter Parent Workshop series!

Led by Susie Zachman, MS RDN, these unique workshops will offer attendees with infants and young children tangible tips, tricks, and methods for creating and implementing healthy habits at home!

Wednesday, February 1st @ 5:00 – 7:00 PM

Childhood Nutrition Basics: The importance of modeling healthy habits & setting goals.

Wednesday, March 1st @ 5:00 – 7:00 PM

Setting Mealtime Routines: Roles and responsibilities that encourage the healthiest diet.

Wednesday, March 29th @ 5:00 – 7:00 PM

The Importance of Family Meals: Getting your child to eat their vegetables!

Wednesday, April 12th @ 5:00 – 7:00 PM

Tips and tricks for creating a healthy home.

Susan Zachman will be available at the center on January 11th & 26th from 3:30 – 5:30 to answer questions on our upcoming workshop series.

To reserve your seat, [RSVP here!](#)



Bright Horizons at Trumbull
126 Monroe Tpke. Trumbull, CT
203 – 459 – 8610
trumbull@brighthorizons.com
www.brighthorizons.com/trumbull

