



Community Care Connections, Inc.
Infant-Toddler Therapy Services
724-283-3198

Family Connections

Thursday, August 26th
6:00 p.m.—8:00 p.m.



HEALTHY LIVING



THE 5 SECRETS TO FEELING YOUNGER AND LIVING LONGER

LEARN:

- ⊗ WHY DIETS DON'T WORK.
- ⊗ WHY EATING FAT DOESN'T MAKE YOU FAT.
- ⊗ HOW TO MAKE HEALTHY FOOD CHOICES.
- ⊗ HOW TO REGAIN YOUR ENERGY & VITALITY
- ⊗ HOW TO BETTER SUPPLEMENT YOUR DIET.
- ⊗ WHAT YOU CAN DO TODAY TO RAISE A HEALTHIER CHILD TOMORROW

For more information contact Roxann Stickney at
(724) 283-3198 or email rstickney@communitycareconnect.org
Registration is preferred to allow for proper staff to child ratio by
Monday August 23, 2010