

FAMILY EDUCATION SERIES AT HEALTHQUEST

Join us in the HealthQuest Adult Lounge for these complimentary discussions for our HQ Members

February 16th - 6-7pm

Working with Your Picky Eater

Speakers: Velta Soucie, RD, Kate Bradley, Speech and Hearing Center and Marybeth Forbes

March 16th - 6-7pm

Anxiety in Children & Adolescents: How much is too Much

Speaker: Gail Burack, Ph. D.

April 20th - 6-7pm

Helping Students Return to Learn and Play After A Concussion

Speakers: Gail Burack, Ph. D. and Andy Overman, PT

May 11th - 6-7pm

Benefits of Acupuncture: Treating Pain, Posture and Performance

Speaker: Tamara Berisha, Director of Integrative Medicine

June 8th - 6-7pm

Ask the Doctor...Children and Allergies

Speaker: Mitchell Clarin, M.D., Pediatrician

September 7th - 6-7pm

Infant Development from Birth – 12months

Speakers: Wendy Perlmutter, PT, and Physical Therapist, Child Development Center

October 12th - 6-7pm

Getting Through to Your Teens: How to Communicate, Share Your Values and Not Lose Your Mind in the Process

Speaker: Lynne Gonski, M.S., School-Based Counselor

November 13th - 6-7pm

CPR Basics

Speaker: Paul Hutchins

December 7th - 6-7pm

Ask the Dietitian...Mindful Eating for You and Your Family During the Holidays

Speaker: Paula Hazard, RD

To register, please call 908-788-6157

Space is limited

Location: HealthQuest Adult Lounge

310 Hwy 31 N • Flemington, NJ
healthquest-fitness.com