



Fitness Sports Family Wellness Community



Hunterdon Healthcare
Your full circle of care.

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**