

Thursday, November 19 | Healthy Habits Made Simple, with Jennifer Silverman
Time: 9:00 AM, at the Gan, right after drop-off

Jennifer is a nutritionist who helps families build realistic habits. Join us for coffee and a relaxed conversation about everyday things that can feel harder than they should: meals, routines, screen time, sleep, and simple ways to be active together. It is open to all, and you are welcome to bring a friend.

RSVP Here: https://docs.google.com/forms/d/e/1FAIpQLSf8xxP2-PfguC_MOM7rRacNysf_fjOJeTqclKCwkKCJu-LrhA/viewform