



Educational Series for Parents

**Join us at the Kenosha Public Library
to learn more about a variety of health topics,
focusing on children of all ages.**

Managing Diabetes for Parents

Thursday, February 27 | 5:30-6:30 p.m.
Kenosha Public Library - Northside location
Presented by Michelle Metallo, CDE

Learning your child has type 1 or 2 diabetes can be difficult for both of you. Discover strategies to make it easier, together.

Anxiety in Children and What Caregivers Can Do to Help

Monday, March 30 | 6:00-7:00 p.m.
Kenosha Public Library - Southwest location
Presented by Dr. Rebecca Bons

This presentation will focus on how to recognize the signs and symptoms of problematic anxiety in children/teens. It will also provide practical coping skills and parenting strategies to help your child.

Stop the Bleed

Wednesday, April 15 | 6:00-7:00 p.m.
Kenosha Public Library - Northside location
Presented by Katie Johnson, RN

Stop the Bleed is a nationwide campaign to teach civilians how to stop major life-threatening bleeding. The class provides instructions on how to use and apply tourniquets and how to use gauze for wound packing to large bleeding wounds.

Nutrition for Healthy Kids

Tuesday, May 19 | 5:30-6:30 p.m.
Kenosha Public Library - Southwest location
Presented by an Aurora Dietitian

Discover useful tips on how to help your child eat healthfully and nutritiously, as they grow.