



# 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.