

Joint Meeting

Sponsored by MCTransitions and Transition Times

Re-Scheduled!

Healthy Eating 101

*Presentation will include:
Defining different ways of healthy eating
Healthy eating tips with discussion
Avoiding unhealthy food choices*

Presentation is recommended for individuals with disabilities and their families

with

Susan Welsh, Ph.D.

Director of Grants Programs in Nutrition Education, USDA

Wednesday, May 23, 2018

7:30-9 pm

The Arc Montgomery County, 11600 Nebel Street, Rockville, MD 20852

Registration required; space is limited; register online at
www.thearcmontgomerycounty.org/connect/agency-calendar

*For more information about topics and speakers for each month, visit:
www.thearcmontgomerycounty.org/what-we-do/for-families/transition-times.html
www.pcr-inc.org/community-resources/transition-times
www.mctransitions.org*

For confirmation of meeting dates, questions or other assistance, please contact:

Reda Sheinberg, MCTransitions, 301.385.5889, Reda.Sheinberg@MCTransitions.org

Haydée De Paula, Ph.D., Family Services Liaison, The Arc Montgomery County
301.984.5777 x1275, HaydeeD@arcmontmd.org

Melissa Wyman, MS, CTRS, Respite Care & Community Outreach Director, Potomac Community Resources (PCR), 301.365.0561, mwyman@pcr-inc.org

