

Joint Meeting

Sponsored by MCTransitions and Transition Times

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, March 21, 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:

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