

New York City Department of Education
Community School District 26 and Community Education Council 26

Nourish Your Family Naturally

A Parent Workshop

Learn vital information about how to use nutrition and natural remedies to support the physical health and emotional well-being of your family!



Dr. Susan Cucchiara

returns to District 26 to share her wealth of knowledge with our families!

- ✓ **Nutritional support for strong bodies and minds**
- ✓ **Natural solutions to common childhood illnesses**
- ✓ **Workable daily strategies to incorporate healthy eating and foster natural healing**

Tuesday, April 17th, 9:00 AM to 11:00 AM at MS 74 (61-15 Oceania Street, Bayside)

and

Tuesday, April 24th, 6:30 PM to 8:30 PM at PS 41 (214-43 35th Avenue, Bayside)

This workshop is offered in collaboration with the District 26 Superintendent's Office and Community Education Council 26 (CDEC 26).

Registration is required.

**To register please contact Kim D'Angelo, District 26 Family Coordinator
Call: 718.631.6944 or email: kdangelo4@schools.nyc.gov**