

# Parent Workshop: Nutrition for Growing Teens (Ages 12+)

## Hoping your teen will make healthy food choices at and away from home?

Learn tips for including your teen in planning and prepping meals, increasing cooking confidence and choosing healthful snacks on-the-go. Discussion will also focus on providing for the nutritional needs of your whole family. This class will be led by a Registered Dietitian Nutritionist.




This FREE class is intended for adults but teens are welcome. It takes place on **Wednesday, October 26 from 6-7 p.m.** at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood.

**Registration is required.**  
Learn more and register at [verdanthealth.org/events](http://verdanthealth.org/events) or call (425) 582-8600.



 [verdanthealth.org](http://verdanthealth.org)

 (425) 582-8600

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