

# Help Your Family Eat Right

**Tuesday, Feb. 28, 6:30 p.m.**

Open to the entire community.

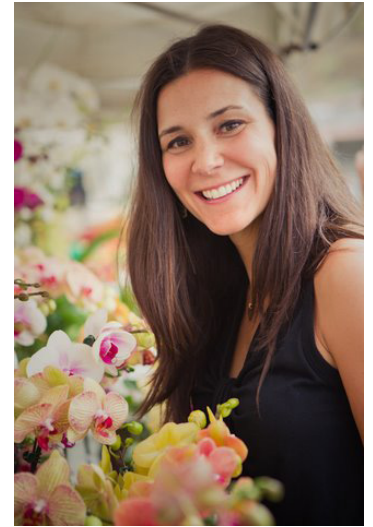
Please join us in the JCC Myers Theatre to meet our new JCC nutritionist Melanie Silverman and learn about children's nutrition

**6:30 p.m. Welcome**  
Peter Blair, Director of Early Childhood Education

**6:45 p.m. Helping Families Eat Right**  
Melanie Silverman, JCC Nutritionist

- Understanding your child's nutritional needs
- Introducing new foods
- Getting picky eaters to eat
- Meal and snack ideas for home and lunches

**7:15 p.m. Q & A Session**



**Melanie R. Silverman MS, RD, IBCLC is a registered dietitian and board certified lactation consultant.**

Melanie received her Bachelor of Arts in Chemistry and Spanish from Indiana University and a Master's Degree in Clinical Nutrition from Rush University. Melanie spent seven years as a clinical dietitian at The University of Chicago Medical Center and started her private practice work in 2003. She has the ability to provide nutritional expertise from infancy to adulthood and is very excited to offer these services to JCC members.

**Merage JCC Early Childhood Learning Center**

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[www.jccoc.org](http://www.jccoc.org)

For more information, please contact  
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