

# HEALTHY CHILDREN- HEALTHY PLANET

Please join us to talk about how we might form a discussion group to take a course on raising healthy children in a consumer society. This self facilitated study guide for small groups explores how families can address cultural pressures, advertising and offers insights on healthy family lifestyles.

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_  
\_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_  
\_\_\_\_\_

## TOPICS COVERED:

Cultural Pressures

Family Rituals &  
Celebrations

Advertising

Food and Health

Time and Creativity

Technology & Media

Exploring Nature

If you decide to take the course, you can purchase the course book at the introductory meeting, so bring your checkbook.

If you cannot attend the meeting but are interested in joining a discussion group, please RSVP before the meeting.