



Raise a Healthy, Whole Family

Emotions 101

Join Dr Wendy Schofer, pediatrician and founder of Family in Focus as she hosts the community event where you will learn:

- What are emotions?
- What do emotions have to do with health?
- Ways to understand feelings better
- Tips for kids' weight and eating habits
 - How to create motivation without fights
 - How to help your kids now
 - What not to do



Wendy Schofer, MD

Register today:
<https://bit.ly/FIF-event>

