



Original Art by Jessel Miller

## *The Lifestages Series*

### ***Tip for Turning Your Picky Eater into a Healthy Eater***

Are you worried that your child will only eat macaroni and cheese and bananas for the rest of his life? Does your little darling turn up her nose at every vegetable on her plate? Join Pediatrician and mother of two, Tracy Evans-Ramsey, MD, and learn tips for helping your preschooler establish healthy eating habits.

#### **Presentation and Q & A**

**Thursday, November 12, 6:30 to 8:00 pm**

**Women's Health Center in Lafayette**

Located in the Mercantile Building

3595 Mt. Diablo Blvd, Suite 350, Lafayette

*Please bring your appetite and your partner for a grown-up's night out. Substantial hors d'oeuvres and free raffle for a fabulous prize!*

Call **(510) 869-6737** or email [carrole@sutterhealth.org](mailto:carrole@sutterhealth.org) to reserve your seat. Space is very limited!



*Alta Bates Summit  
Medical Center*

A Sutter Health Affiliate

