



Larry J. Gammon
President/CEO

Creating solutions, changing lives.



Easter Seals New Hampshire

1 Garvin Falls Road
Bow, NH 03304
603.226.3791 phone
603.226.2540 fax
www.eastersealsnh.org



Supporting Healthy Practices in Child Care: Supporting the Importance of Nutrition, Physical Activity and Tobacco Exposure from the Child's Perspective

Come and learn about the most up-to-date national standards around nutrition, physical activity and environmental smoke.

This three-part series will leave learners with strategies for making policy changes and provide tips for communicating with staff, families and vendors. Participants will learn the importance of nutrition and physical activity in preventing childhood obesity to gain an understanding of the importance of reducing involuntary exposure to smoke for young children.

Where: Penacook Community Center
76 Community Drive
Penacook, NH

Date: Three consecutive Mondays - August 15, 22, and 29th.

Time: 6:00-8:30 pm

Pre-registration is preferred. Please email attached registration form to mclair@easterseals.org or mail to Child Care Resource and Referral, Easter Seals NH, 1 Garvin Falls Road, Bow, NH 03304