



HEALTHY HABITS *for* **HEALTHY KIDS**

In conjunction with "National Healthy Kids Day," Palomar Pomerado Health is offering a community forum on child nutrition. Obese children have an increased risk for asthma, sleep apnea, Type 2 Diabetes and the emotional trauma and pain that can result from poor body image, societal bias and discrimination. Children without a weight problem can also benefit from making healthier food and lifestyle choices.

Nicholas Yphantides, M.D., will discuss the "Seven Parental Pillars of Good Health" and how keeping kids healthy is a family affair. This interactive forum will offer a question and answer session with Dr. Nick, as well as a clinical nutritionist.

Tuesday, April 28, 2009

6 - 7 p.m.

Pomerado Hospital
Conference Room D
15615 Pomerado Road
Poway, CA 92064

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To register for this free event, please call **The HealthSource** at **800.628.2880**.
Healthy refreshments will be provided and an opportunity drawing will be held.