

Fall Line-Up:

September 12th –

Folks from the Dr. Yum Project will discuss forming healthy eating habits and introduce us to some delicious recipes!
www.doctoryum.org

October 10th –

Pediatrician, Dr. Jason Robertson will lead a round table discussion on children's health!

November 14th –

Teresa Shafferman will lead a discussion on Faith & Family as we approach the holiday season!

December 12th –

Personal Fitness Trainer, Darin Ashwood will provide us with family fitness information to start the new year with a healthy perspective for the whole family!

More to come January-May!



**GRACE LUTHERAN
PRESCHOOL**

"Learn and Grow in a Faithful Community"

Parent Group

*Join us every second Wednesday of the
month*

10-11:30am

At

Grace Lutheran Preschool

16 North Braddock Street,

Winchester, VA

*For fellowship and quality information
on resources available for young
children and families.*