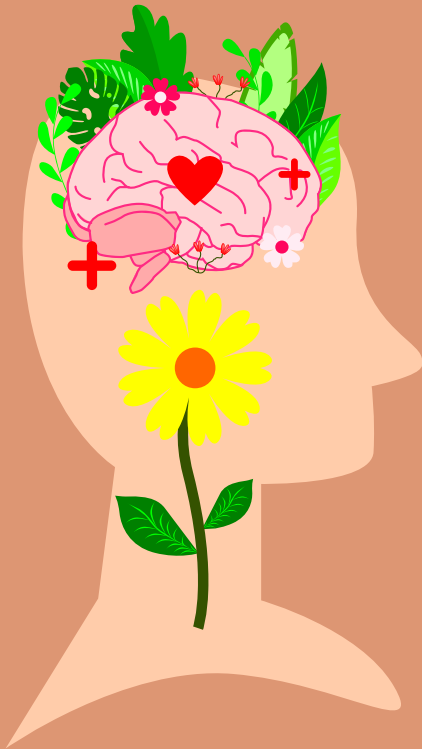


# HEALTH EDUCATION SESSIONS

---

MONTHLY SCHEDULE  
AUG. 2024-JULY 2025

PARENTS, CARETAKERS, FAMILY



27-AUG-2024: LANGUAGE & HEARING

24-SEP-2024: SCREEN TIME & SLEEP QUALITY

29-OCT-2024: SUGAR & SWEETS

26-NOV-2024: HOLIDAYS - REDUCE STRESS

16-DEC-2024: NUTRITION - FEEDING CUES & PREGNANCY

28-JAN-2025: VIRUS VS. BACTERIA & ANTIBIOTICS

25-FEB-2025: ORAL HEALTH & PERSONAL HYGIENE

25-MAR-2025: MENTAL HEALTH

29-APR-2025: DIETARY LIFESTYLES & DEFINITIONS

27-MAY-2025: EXERCISE & MOVEMENT

24-JUN-2025: SUMMER SAFETY

29-JUL-2025: RESOURCES & INDOOR ACTIVITIES



9:30A - 10:30A

JOIN ZOOM MEETING

[HTTPS://US02WEB.ZOOM.US/J/87873690296?PWD=99WPIXNWVPPA9E9AXZAFBBD0GPGJP.1](https://us02web.zoom.us/j/87873690296?pwd=99WPIXNWVPPA9E9AXZAFBBD0GPGJP.1)