

*A workshop for parents of children  
with special needs and professionals*

# GET UP & GO WITH 5210

Strategies for Helping  
KIDS with DISABILITIES  
Eat Better & Move More

Presented by: Carolyn Conner, RDN, CD  
Nutrition First & 5210 Skagit



**Monday, January 14, 2019 • 6:30 to 8 PM**

Skagit Family Resource Center • 320 Pacific Place, Mt. Vernon

Free REGISTRATION & Spanish translation requests DUE by JAN 10<sup>th</sup>



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*Adults only please! Childcare not provided.*