

# FAMILY SPIRIT

## MONTHLY

## PARENT



# LUNCH AND LEARN

NIMKEE PUBLIC HEALTH KITCHEN

FRIDAY, OCTOBER 31, 2014 11:00-2:00

Come in costume for lunch and learn about Halloween Safety. Prizes for best adult and baby costumes. Participants will be the judges.



Family Spirit is parents and caregivers who are coming together for support and to learn more about caring and parenting their little ones through the Nimkee Healthy Start and Breastfeeding/Diabetes Programs. For our November meeting, we will be holding a Grandparents' Boot Camp on Friday, November 21, with no meeting in December.

For more information, contact:

Helen Williams at 989 775-4621 or Anna Hon at 989 775-4616