**The Weston Public Schools, the Weston PTO Parent Education Committee, and the Weston PAC invite the community to attend:**

"I'M GIVING UP SUGAR, DAIRY, GLUTEN..."

## WHEN TO BE CONCERNED ABOUT YOUR TEEN/TWEEN'S EATING HABITS, BODY IMAGE OR EXERCISE.

A MULTIDISCIPLINARY DISCUSSION AROUND RAISING HEALTHY CHILDREN IN THE CONTEXT OF FOOD, THEIR BODIES AND PSYCHOLOGICAL WELLBEING.

***7pm November 29***

***Weston Middle School APC***

Sponsored by the PTO & PAC

Adult Only Event

Andy Pettinato, MD, Adolescent Medicine, Boston Children's

Julie Norton, RD, LDN, Clinical Nutrition Specialist, Boston Children's

Caroline Balz, LMHC, Psychotherapist, Eating Disorder Specialist

WESTON MASSACHUSETTS PUBLIC SCHOOLS

PTO Weston Parent Teacher Organization

WESTON PAC FOR SPECIAL EDUCATION

westonpac.org