

# Expert Panel: Body talk, the secret to raising successful kids



## Empower your children!

February 12th through the 16th, Lockwood Elementary and Lockwood PTA will host a Body Positive week. As part of this program, Brandi Olden, RD, CD (dietitian) and owner of Creating Peace with Food, LLC will team up with Michelle Wedig, PhD, licensed clinical psychologist and owner of Essential Strides to bring you information on how to foster a positive body image for your child. We hope you can join us for this important parent-only night.

**February 13th 6:30-7:30pm**

**Lockwood Elementary Cafeteria**

**Questions? Email [nikkigepner@gmail.com](mailto:nikkigepner@gmail.com)**