

# Parenting Workshop:

## Get the Skinny on Childhood Obesity

**Wednesday, November 18  
6:30-8:30 p.m.  
Friends Room**

Children who suffer from obesity are more susceptible to physical illness and more likely to have low self-esteem. At this workshop for parents, you'll learn how to prevent obesity, help children make healthy choices and increase their self-esteem along the way. Pam Evans-Smith is a faculty member at the University of Missouri Sinclair School of Nursing. Pam was a pediatric intensive care nurse for nine years before returning to school for her master's degree. She is currently pursuing her Ph.D., researching childhood obesity and human-animal interactions. Cosponsored by the Parent Education Committee. Please register.

For disability accommodation, call Melanie Henry at 443-3161.

**Columbia Public Library, 100 W. Broadway, (573) 443-3161  
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