MEET THE FAMILY DINNER PROJECT!

Years of research have shown that family dinners are good for the mind, body and spirit, with benefits ranging from better nutrition to improved reading skills, better grades and lower risk of anxiety and depression. But in an increasingly busy world, how can families manage to get everyone to the table?

The Family Dinner Project has the expertise and resources to help every family have better dinnertimes -- and they're coming to West Virginia! Meet the experts from TFDP and get tips and tricks to bring back to your table.

WHEN

Tuesday, April 26, 2016 from 5:30 PM to 7:00 PM (EDT)

WHERE:

University of Charleston – Geary Auditorium 2300 MacCorkle Avenue SE, Charleston, WV 25304

PRESENTED BY:

April's Kitchen Counter – Real Food. Food

Charleston Gazette-Mail – wvgazettemail.com

UniCare

Kroger

University of Charleston School of Pharmacy

West Virginia State University – Extension Service

Charleston Area Alliance

Kanawha Coalition for Community Health Improvement

the Y – Charleston Family YMCA

Healthy Kids and Families Coalition

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