



# dr.yum project parenting for wellness



**Creating a Healthy Eating Environment**



**Talking About Food & Bodies**



**Picky Eating Strategies**



**Mindful Mealtimes**

**Meets Virtually Wednesdays in February 8–9pm**

*"This class is wonderful! It was a small class size, so I was able to get customized help for my family. I highly recommend this class for all families!"*  
~ busy mom of 4



[doctoryum.org/en/classes](https://doctoryum.org/en/classes)  
Only \$5 Registration Fee



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