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# Parenting For Wellness

A Health Empowerment Series

Summit, New Jersey

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# Agenda

- The New Normal
  - What is health?
  - Are our children well?
- Parenting today
  - Family values and "affluenza"
  - It's a kid's world - or is it?
- Strategies to parent for wellness
  - Take back parenting
  - Tell our stories
  - Start making life health choices
  - Old-fashioned advocacy in a new era