



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DON'T LET ALLERGIES GET YOU DOWN JUST PASS THE PLATE AROUND

## GUILFORD COUNTY PARENT ACADEMY CLASS MANAGING LIFE WITH FOOD ALLERGIES

Wednesday February 29, 2012  
6:00pm

**FREE & NO REGISTRATION REQUIRED**  
Capacity: 50



### Speaker:

#### Amber Halverson

A registered dietitian and licensed dietitian nutritionist. Amber has a Nutrition Education Specialist Certificate and has been a registered and licensed dietitian since August, 2010. In addition, she is a member of the Academy of Nutrition and Dietetics (formerly American Dietetic Association) and the Society for Nutrition Education and Behavior.

Do you or anybody in your family have a food allergy that makes meal selections a difficult task? Attend the Parent Academy Class to learn about managing your life with food allergies. Amber Halverson will address all the questions and issues you have with the allergies you face on a daily basis. She will provide you with the information about how to manage and navigate daily life with food allergies.

#### RAGSDALE FAMILY YMCA

900 Bonner Drive, Jamestown NC 27282  
P 366 882 9622 [ragsdaleymca.org](http://ragsdaleymca.org)