

# The FAR WEST Region

SEP 11  
TUE 9:30 am

## PHYSICALLY ACTIVE FAMILIES ARE HEALTHIER FAMILIES, HAPPIER FAMILIES

As childhood obesity has become an epidemic, so has the early onset of adult diseases, such as diabetes and cardiovascular disease. Don't let your children become part of the generation that is projected to have a shorter lifespan than their parents. Physical activity and eating healthily are lifestyle choices that can prevent obesity. Carrie Jackson, health prevention and behavior modification specialist, will explain simple techniques to get your family excited and motivated to be more physically active. Fitting in physical activity can be easier than you think, and you and your entire family will be healthier and happier for it.

OCT 9  
TUE 9:30 am

## SWEET DREAMS FOR THE WHOLE FAMILY

Sleep is something we can't live without. Getting the proper amount of quality sleep seems to be a challenge for parents and children alike. Hans Lonroth, LCSW, from The Sleeping Child, will explain the nature of sleep, the amount and quality of sleep your child needs, and problems associated with too little sleep. Hans will discuss issues with frequent night waking, bedtime struggles, short or inconsistent naps, and transitioning from a family bed to crib and a crib to a big-kid bed. A Q&A session will follow.

**Note:** This meeting will be held in Room 231.

NOV 3\*  
SAT 10 am

## PRESCHOOL FORUM

Registration for preschool is just a few months away! Are you ready to make that important decision for your child? Representatives from several local preschools will talk about the philosophies of their schools and describe a typical school day for your child. Ask all the questions you may have and decide if your child is ready for preschool. This is a great opportunity to pick the perfect preschool for your child. The Preschool Guidebook will be available at the forum for \$5.

The Preschool Forum will be held at the 95th Street Naperville Public Library. Contact Brandi Boomgarden for details at 630-369-9896.

**Note:** This event is subject to change, so please visit our website at [www.pacesmoms.com](http://www.pacesmoms.com) at the beginning of November to confirm the date, time, and location.

DEC 11  
TUE 9:30 am

## SEASONAL BRUNCH

Join us for holiday festivities including food, fun, and fellowship. We'll sing songs and have crafts for the kids.

**Note:** We'll meet in Fellowship Hall.

JAN 8  
TUE 9:30 am

## ACCIDENTS AND INJURIES

You can easily take care of your child's cuts and scrapes at home, but what about a bad burn? How do you deal with a sprained ankle? Dr. Polich, of the DuPage Homeopathic Center, will discuss safe and natural remedies that work quickly. Along with your first-aid kit, homeopathic medicine can help parents be more effective at reducing pain and speeding up healing.

FEB 12\*  
TUE 7 pm

## UNDERSTANDING CHILDREN'S MISBEHAVIOR

Are you confused about your children's misbehavior? Perhaps you're looking for better ways to encourage good behavior. Dr. Michael Maniacci, Psy.D., will give us a proactive, positive approach for addressing misbehavior. Learn to identify positive replacement behaviors and teach them to your children in a fun and effective way. Collect some parenting tools during this evening of lively discussion and information.

**Note:** This meeting will be held at Independence Village, 1030 Aurora Avenue, Naperville, (630) 357-3922.

**MAR 11**  
**TUE 9:30 am**

### **HAPPY AND HEALTHY MOMS**

In our busy lives, moms often forget to take care of themselves—which can be a critical misstep in leading a healthy life. Dr. Adriana Zabrosky, a chiropractor, will discuss the five facets of health, which consist of a proper diet, proper exercise, proper rest, a positive mental attitude, and proper nerve supply. Join us for this engaging talk, and walk away feeling more energized. A Q&A session will follow the presentation.

**APR 8**  
**TUE 9:30 am**

### **YOUR KARATE KID**

Kids Karate is a martial arts program arranged to introduce young beginners to the rich legacy of Okinawan Karate. The program introduces the basics of karate, self-defense, and sparring. These skills help nurture balance and coordination as well as concentration, memory, and self discipline. Special emphasis is placed on character development. Training is structured to cultivate courtesy, respect, and self-control, while teaching fundamental self-defense techniques.

**MAY 13**  
**TUE 9:30 am**

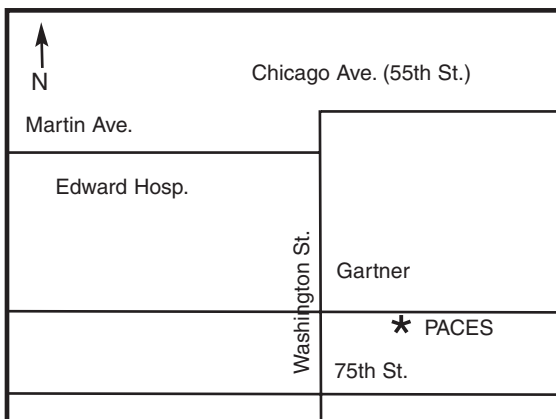
### **MOM AND ME YOGA**

You and your child can be sure to enjoy and benefit from this interactive yoga session, led by Pamela Hunter, RYT, CYKF, of Fun Lovin' Yoga. YogaKids is a unique approach to integrative learning using yoga as a pathway. Reading, storytelling, music, creative arts, and earthcare blend seamlessly with yoga movement to educate the "whole" child. Based on the Multiple Intelligences Theory of Harvard educator Howard Gardner, each yoga pose becomes a springboard for activities that open the door to fully integrated learning.

**JUN 10\***  
**TUE 10 am**

### **TEDDY BEAR PICNIC**

Hey kids, you and your favorite teddy bear (or other furry friend) are invited to a family teddy bear picnic. We'll eat teddy treats, sing songs, tell stories, have a teddy bear parade, and have lots of other teddy-themed fun. We'll meet at Knoch Park, in Naperville, south of West Avenue near Martin Road (behind Edward Hospital). Please bring your own picnic lunch.



#### **Meeting Place:**

Grace United Methodist Church, 300 E. Gartner (lower level Fireside Room), Naperville  
(630) 355-1748

#### **Date/Time:**

2nd Tuesday of the month, 9:30 am, unless noted with an \*

#### **Babysitting:**

Available for a reasonable fee. Reservations suggested. Call Monica Etzel (630) 848-1730

Non-members are welcome to attend meetings. A donation of \$2 from non-members is requested.

**For Membership Information Call:**

**Shannon Grossi (630) 585-8829**

**For Details on Events, Contact Regional Coordinators:**

**Lisa Granato-Johnson (630) 347-7787**

**E-mail us at: [pacesnap@pacesmoms.com](mailto:pacesnap@pacesmoms.com)**