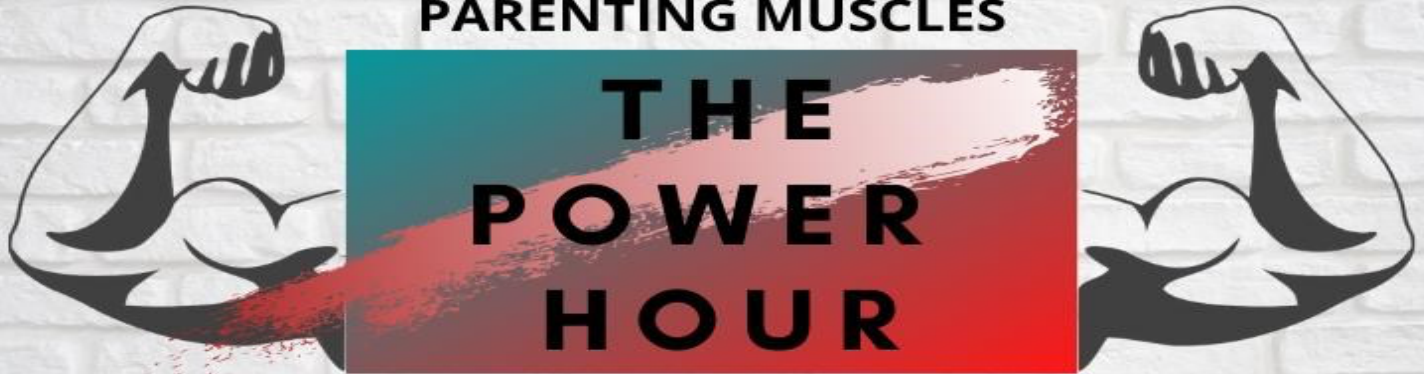


Buckeye Wellness

SOLUTIONS FOR A HEALTHY LIFE

presents

THREE 60-MINUTE WORKOUTS TO BUILD PARENTING MUSCLES



Ditch Those Flabby Wishes That Your Kids Would Listen
For Stronger Strategies to Engage Their Cooperation

JOIN YOUR PERSONAL TRAINERS; Ohio State University Extension Educators Joseph Maiorano and Bridget Britton will discuss strategies to **PUMP UP** your parenting skills!

Power Hour is a 3-session virtual workshop, which is based on the Active Parenting curriculum. We introduce participants to tools that may help them to raise responsible, confident children, and navigate through issues that many parents struggle with.

DATES: April 6, 7, 8

TIME: 12 – 1 PM

COST: FREE

Your Power Hour Zoom link: <https://osu.zoom.us/j/94709409854?pwd=YzQ1dnNDSjFwZUpEMzk2aTFxOTVTdz09>

Passcode, if requested, 318172

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