

DAVIS PARENT UNIVERSITY 2010

Raising Healthy, Happy, Well-Balanced Kids



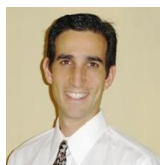
Pallas Hupe
News Anchor
Master of Ceremonies

**SAVE
THE DATE!
Feb. 6, 2010!**

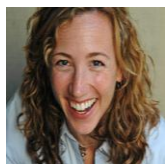
Featuring:



Liz Applegate, PhD
"Eat Smart Play Hard"
8 Foods Your Family Should Be Eating
9:15 am – 10 am



Mitchel Adler, PsyD
"Parenting with Emotional Intelligence"
How Parent Self-Awareness Fosters Happy, Healthy Kids
10:15 am – 11 am



Christine Carter, PhD
"Raising Happiness"
Simple Tips for More Joyful Kids and Happier Parents
11:15 am – 12:15 pm



Christine Carter, PhD will be signing copies of her new book, "*Raising Happiness*", which comes out January 2010.

The Avid Reader will be at the event, selling copies of "*Raising Happiness*" and will donate **10% of total proceeds to the Davis School Foundation**. Hardcover \$26.00
12:15 pm – 1 pm

Date: Saturday, February 6, 2010 **No Charge** – Community welcome

Registration: 8:30am to 9am **Location:** Brunelle Theater,

Speakers: 9am to 12:15pm Davis High School, 315 W. 14th St.

Questions: jliederman@cs.com or raykub@gmail.com

Sponsored by the K-6 PTA's Parent Education Committee