



## PARENTING LECTURES

Being a parent can sometimes be a difficult job. However, these valuable lectures can make it easier! Centegra pediatricians will share their knowledge and skills on how to successfully raise your child from birth through adolescence.

# parenting lectures

**FREE CHILDCARE AVAILABLE!**

### THE FIRST YEARS OF LIFE

Thursday, October 8, 6:30-7:30pm

Centegra Health Bridge Fitness Center - Huntley

Once bouncing baby arrives, what can you expect? Learn basic infant care and how to keep your baby safe and healthy with Laura Larkner, DO, Laura Buthod, MD and Laurie Louthain, MD.

### TODDLERS AND ELEMENTARY SCHOOL

Thursday, November 5, 6:30-7:30pm

Centegra Health Bridge Fitness Center - Huntley

Are the two's really terrible? How can we teach our toddler to express him or herself? Laura Bianconi, MD, Pat Nofzinger, MD, Dana Hartwigson, DO and Jennifer Suh, MD, will present.

### ADOLESCENCE

Thursday, December 3, 6:30-7:30pm

Centegra Health Bridge Fitness Center - Huntley

Learn how to survive the teenage years! Mike Gronberg, MD, Joanne Knapik, MD, and Dave Halstead, MD, will present.

Register Today  
for a **FREE**  
Parenting Lecture

**877-CENTEGRA**

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**Centegra**  
HealthSystem

**WELL BEYOND EXPECTATION<sup>SM</sup>**

Centegra includes hospitals in McHenry and Woodstock, Immediate and Primary Care centers, Health Bridge Fitness Centers and more.

It's healthcare so good you don't have to leave McHenry County to stay well. **877-CENTEGRA | [centegra.org](http://centegra.org)**

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