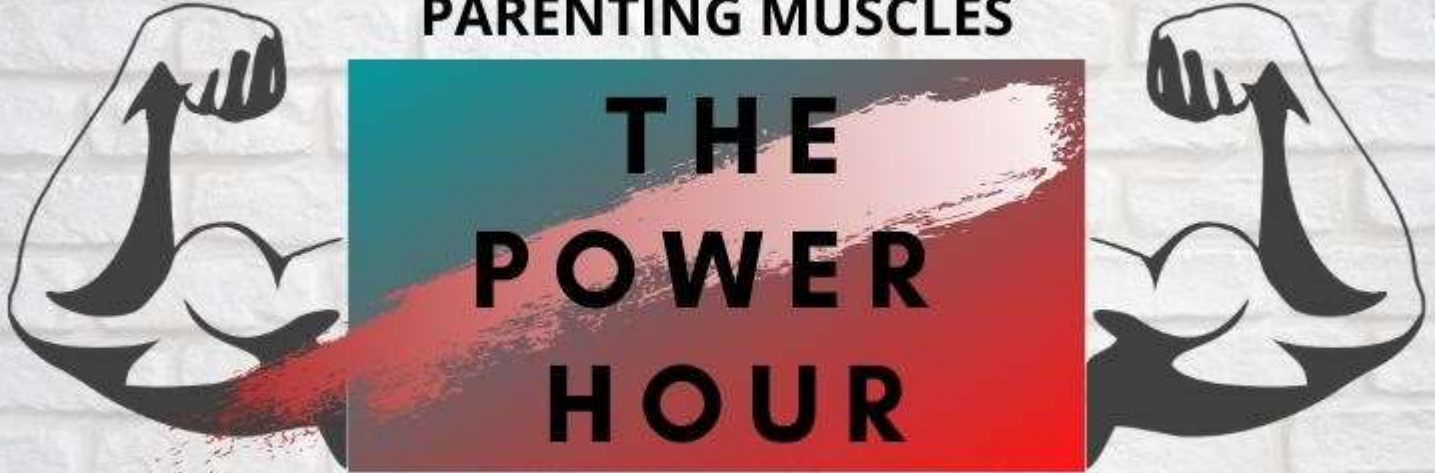


THREE 60-MINUTE WORKOUTS TO BUILD PARENTING MUSCLES



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

JOIN YOUR PERSONAL TRAINERS; Joseph Maiorano and Bridget Britton as they provide strategies to **PUMP UP** your parenting skills!

During this 3-session virtual workshop, which is based on Active Parenting, we focus on introducing participants to tools that may help them to raise responsible, confident children, and navigate through issues that many parents struggle with.

DATES: August 25, 26, 27
TIME: 6 – 7PM
COST: FREE

Pre-Registration for this workshop is required. Register at: go.osu.edu/powerhoureg

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