

The Youth Clinic Presents:

# Healthy Minds

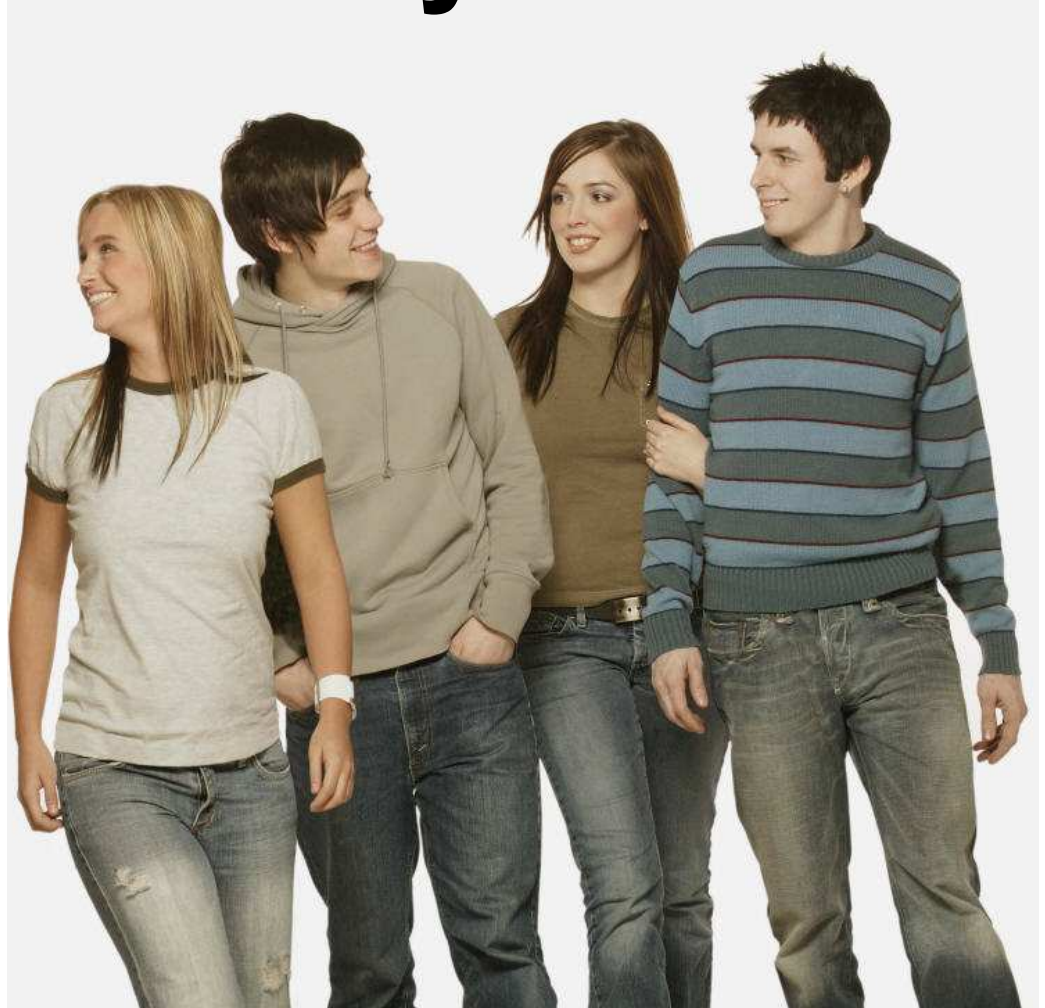
# Healthy Bodies

## Parenting Teens seminar 2010

October 13th 2010  
6:00 PM – 8:00 PM  
Fossil Ridge  
High School

Register Online at:  
[www.youthclinic.com](http://www.youthclinic.com)

Open to the community  
Seminar cost is \$10/family



The Fort Collins Youth Clinic will be presenting an interactive, open to the community panel discussion on "Healthy Minds and Healthy Bodies". The seminar will feature presentations and a panel discussion by Physicians and other community experts with over 50 years of cumulative experience and knowledge on the topic of **"Parenting Teens."**

### Topics And Panelists include;



**Vaughn Hanson M.D.**

Survival Tips for parents of  
Teens.



**Brian Mesinger PhD**

Discipline and problem solving  
techniques for Parents of Teens.



**Pam Riffe PA-C**

Teens - "Its All About  
Respect"



**Julie Brockway M.D.**

Talking with your Teen about  
Sex Drugs and Alcohol.



**Martha Gooldy R.D.**

Teen Food Fads: Vegetarians,  
overrestriction, eating disorders,  
overweight, food choices



**Youth Clinic**

established 1964

"Committed to quality care for children  
from infancy through adolescence"

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