

Modern Parenting

ocls.info/modernparenting

Make Half of your Grains Whole

West Oaks Branch

Tuesday, July 11, 11 a.m.

Learn the importance of eating whole grains as we discuss the health benefits of including whole grain and whole wheat in your diet. This class will teach you to identify whether or not a product is whole grain by learning to read labels. Seats are limited.

Science of Parenthood: Thoroughly Unscientific Explanations for Utterly Baffling Parenting Situations

Chickasaw Branch

Tuesday, July 18, 10:30 a.m.

Just when you thought you couldn't laugh any more at the follies, foibles and faux pas of modern parenting, along comes *Science of Parenthood: Thoroughly Unscientific Explanations for Utterly Baffling Parenting Situations* with an all new, totally fresh approach to parenting satire. Join us for a hilarious reading by the book's co-author Norine Dworkin-McDaniel as she offers riotously funny answers for such universally mystifying questions as ... Why do children grow up so fast, yet *Candy Land* drags on so slowly? Why must children always sleep perpendicular to any adult in the bed next to them? For more information, visit scienceofparenthood.com.

Prenatal Yoga

Windermere Branch

Thursday, July 20, 6 p.m.

Enjoy gentle poses and movements to keep you healthy, fit and comfortable during pregnancy with yoga instructor Carrie Tavis, RYT. Prepare your body and mind for birth while bonding with baby and other expectant mothers. Practice mindful movements that can be done anywhere, anytime, with no special equipment. For more information visit yogababy.weebly.com.

Choosing Healthy Snacks

South Trail Branch

Monday, July 24, 3 p.m.

Learning to choose and identify healthy snacks can be a daunting process. This workshop will teach you all you need to know to make the best choice for you and your family. Seats are limited.