



Lifestyle Education

The child obesity epidemic in this country is well documented, but for parents seeking solutions, knowing where to turn can often be frustrating. Help is on the way at One Potato, Two Tomato, a healthy lifestyle education center that has just opened locally in Albertson. The center aims to help families adopt healthier lifestyle habits through a variety of ongoing classes, including nutrition education, weight management, behavior modification, fitness and healthy cooking. For more information, call 516-286-5255; or visit www.onepotatotwotomato.com.