

BUILDING CONNECTION, ONE TABLE AT A TIME

Join us for a webinar on the transformative impact of family meals. Learn how and why to harness the benefits of family dinners, and gain valuable insights from a leading expert in the field.

The webinar aims to empower professionals with effective tools and strategies for fostering healthier, more resilient communities.



Anne Fishel, PhD is a family therapist, clinical psychologist, and Associate Professor of Psychiatry at the Harvard Medical School. Dr. Fishel is the executive director and co-founder of The Family Dinner Project, a non-profit initiative, based at Massachusetts General Hospital, that helps families on-line and in communities to have better and more frequent family dinners. She is also the Director of the Family and Couple Therapy Program at Massachusetts General Hospital (MGH) in Boston, MA. She lectures widely at academic conferences and to parent and teacher groups. She is the author of *Home for Dinner: Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids* and the co-author of *Eat, Laugh, Talk: The Family Dinner Playbook*.

OCTOBER 23, 2024
12:00-1:00 PM EASTERN
ZOOM WEBINAR



**REGISTER
TO ATTEND**



Center for Families

WWW.PURDUE.EDU/CFF
CELEBRATING 30 YEARS!