



Children's Nutrition Workshop Series May 3, 10, 17, 24 Thursdays 7p-9p

- *Come learn practical solutions to improve your child's eating habits*
- *Become confident preparing foods that are boosting your child's immunity, balancing their mood and energy level and optimizing growth and development*
- *Get simple time-saving menus and recipes the whole family can enjoy*

Join Christine Okezie, Natural Foods Chef and
Certified Holistic Health Counselor
www.yourdeliciousbalance.com

May 3, 10, 17, 24

Cost: \$20 per workshop
Pay in Advance for all 4 for only \$65

The Little School of Waldwick