

**STRONG
HEALTHY
KIDS**



THE
FOUNDATIONS
OF
HEALTHY EATING

with Alexia Gillespie, Founder of Strong Healthy Kids

In this 90-minute interactive workshop, we'll explore ways to:

- 1. Establish healthy eating habits and dietary patterns.**
- 2. Pack healthy school snacks & lunches that your kids will enjoy.**
- 3. Incorporate mindful eating and establish a healthy relationship with food.**
- 4. Take the stress out of mealtimes and support self-regulation.**

Tuesday, November 6th 6:30-8:00pm
Lord Roberts Elementary Library

Childcare will be provided. Suggested donation: \$10 per family.

Another great event brought to you by Lord Roberts PAC.

