

**Healthy Diet**

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**Healthy  
Child**

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**Happy Child**



The Healthy Child Workshop may be the single most effective thing that you can do to improve the health of your child and family.

**Come along and learn:**

- Why 'healthy' foods can be unhealthy
- Signs your child may be deficient in essential nutrients
- Which nutrients are most important for a growing child

- How to manage your child's behavioural problems with diet
- Why modern dietary advice is creating a generation of sick kids
- A wealth of recipes, food ideas and practical tips from a qualified chef and a naturopath

**For parents of  
Toddlers & Teens**

**When:** Sunday 22nd February 2009 9am—5pm

Groups are strictly limited to a maximum of 15 so that we can address your family's individual needs and concerns

**Where:** Levity Health, level 1, 38-40 Bronte Rd, Bondi Junction [www.levityhealth.com.au](http://www.levityhealth.com.au)

**Who:** Sarah Luck, naturopath, herbalist, nutritionist, food-as-medicine  
Jo Rushton, chef, wholistic lifestyle and exercise coach

\$220 includes organic lunch and practical cooking demonstrations

**Registration** Jo 0412 271 224 / [jo@6wisdoms.com](mailto:jo@6wisdoms.com)

**or more info call:** Sarah 0410 534 292 / [sarah.luck@bigpond.com](mailto:sarah.luck@bigpond.com)