



Health Education Series Presents

Fueling our Children for Physical, Mental, and Emotional Health



Featuring...

Gay Russell

Children's Health Advocate

Gay is a licensed Social Worker and has over 30 years experience working with children and families. She is a compassionate advocate for children's health and happiness.

Come learn with us, as Gay shares the knowledge she has gained about children's health throughout her career in social work, special education, and private practice.

- ~ Combating the **A's** with nutrition: **A**nxiety, **A**DHD, **A**utism, **A**sperger's, **A**nger, **A**cademic challenges
- ~ Maximizing best behaviour
- ~ The critical role of a healthy diet
- ~ Why nutrition is the cornerstone of *feeling good*

Thursday, January 14, 2010

7:30 PM

South Park Community Center, Park Ridge, IL 60068

Located at the corner of Devon and Cumberland in Park Ridge. Entrance/Parking is at 833 Talcott - just one block north of Devon

Please invite your family and friends to hear this informative and empowering message!

For information contact:

Judy Fulmer 847-846-4556

Sponsored by Juice Plus+ / Prevention Chicago

