

Coming Soon – March 5th - Mark Your Calendars!
Raising the bar on healthy eating to support learning and behaviour

Underachieving? Daydreaming? Overactive? Distractible? Destructive? Labelled ADHD? Could your child be misunderstood because of what they eat?

4R's Education Centre (Soc.) is pleased to present an evening with Dr. Deidre Macdonald, Naturopathic Physician and mother, who specializes in childhood nutrition, on Thursday March 5th at 7:30 pm at the St. John the Divine Hall, 579 5th Street, Courtenay.

Allergies and sensitivities are related, but not necessarily easily recognized in the daily rush of life. Changes to food choices can result in less stress and noticeable improvements in behaviour, learning and general health.

Dr. Macdonald will give information, suggestions, recommendations and answer questions on:

- healthy foods your children will eat
- foods that harm, foods that heal
- eating well on a budget
- boosting brain power with food
- routines for a lifestyle of healthy eating
- key nutritional supplements for brain function

Join us to learn more about naturopathic strategies that lessen frustration and increase concentration and learning, thus raising self-esteem and success in children. Who wouldn't want to get more ideas for reaching personal potential through healthy habits?

Entry is by donation and pre-registration is advised.

For more information, or to register, contact 4R's at 250-338-4890.



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March
5th
2000

7:30pm
→ 9pm

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