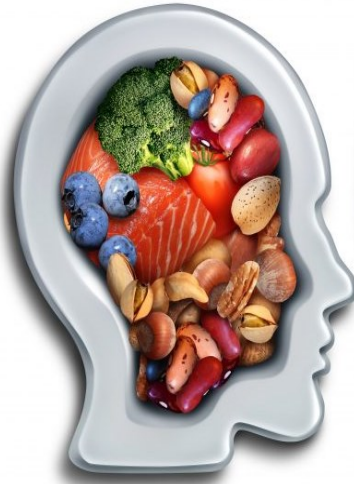




Woolwich Counselling Centre Presents...

Creating a Recipe for Children's Success



Dietary choices impacts children's behaviours and their mental health.

Woolwich Counselling together
with **Amy Sonnenberg**,

Registered Holistic Nutritionist,
will explore how food and nutrition
can affect self-regulation, self-awareness,
levels of anxiety, quality of sleep, ability
to concentrate and overall mood.

You will leave this session with a greater awareness of
how food can both help and hinder your child's
development and their emotional well-being.

Pre-Registration Required



Woolwich Counselling
519-669-8651



Designed For You Nutrition
519-503-7926

Tuesday October 15, 2019

7:00—8:00 pm

65 Memorial Ave, Elmira

Fee: \$20 per person