



Monday, October 19, 2009
7:30pm to 9:00pm @ Auburn House
Residents \$10 Non-Residents \$20

Children's Nutrition Educator and Author of "Picky? Not Me Mom!", Karla Heintz, will be here to help you learn ways to improve your family's eating.

From uncovering hidden sugars and getting tips on increasing fruit and vegetable intake, this is a great way to learn how to conquer your child's picky eating habits.

This workshop is geared towards parents with children ages 0 to 9.

**Call (403) 537-2605
to register in advance!**



(workshop will be cancelled if minimum enrolment has not been met)