

Brigadoon School
invites you to a free
seminar for parents.

Finding the Brilliance in Every Child Through the Power of Thought and Food



Monday Feb 22,
2016

6:30 - 7:15 pm

Brigadoon Public
School

<http://bqd.wrdsb.ca/>
415 Caryndale Drive
519 895-2353

Recipes,
TIPS and the
benefits of
mindfulness.

Learn about
what to feed
your child to
best support
learning.

Explore the
benefits of
positive thoughts
and gentle
movement.

Take the
frustration and
mystery out of
packing healthy
lunches for
school.

Help your
children
develop life
long healthy
eating habits.

