

Is your teen
Tired? Anxious? Moody?



This doesn't have to be the teen years



At this nutrition and mental wellness workshop,
you will learn how food choices affect the body,
and how small lifestyle changes can improve
mental health – including sleep patterns,
mood and state of mind.

Nutrition and Mental Health Workshop
Wednesday, February 22, 2017
7:00 - 8:30 PM
Doon PS Library

Free cookbook to the first 50 families in attendance (retail value \$20.00)

Enjoy snacks from the cookbook

Parents and students are welcome!

RSVP requested: <https://doon-nutrition-mental-health.eventbrite.com>

