

## Parenting Seminar Series

Our Parenting in the 21st Century seminars are open to the public and are presented by powerful speakers who are experts in their fields. The series covers a range of topics, from supporting your young child's early development and time management for frazzled parents to managing finances and planning for your child's future. Attend specific seminars that interest you or the entire series. Seminars are run continually in locations where there is an active Mothers' Center.

Our Parenting in the 21st Century seminar series features short, convenient evening classes on a variety of topics. Previous programs have covered:

- Time management for busy parents
- Supporting your young child's early development
- Managing finances while planning for your child's future

Parenting in the 21st Century - Next Program January 21, 2009

"Parenting Healthy, Smart Kids ~ Nutrition Sense"

Presented by: Barbara Ann Grova, CHHC, Holistic Nutritionist

[www.nutritionalhealingweb.com](http://www.nutritionalhealingweb.com)

Do you ever wonder - What the heck should I feed my picky child? Why does my child get so cranky and moody? How can I calm down their emotional behavior? How in the world do I get them to eat even one vegetable? How do I help my child maintain a healthy weight? Why does my child seem to have a hard time staying focused in school? How can I keep my kids healthy?

If these questions are on your mind then this fun, informative and interactive workshop is for you! Here's what we will cover:

- Food and Mood, Relationship Concerns
- How Food Allergies May Cause Behavioral Issues
- The Healthy Lunch Box
- Immune Boosting Foods
- Brain Foods That Create Smart Kids
- Dangerous Packaged Ingredients to Avoid
- Quick and Easy Meal Ideas & Recipes
- Disguising Healthy Ingredients So Your Kids Will Eat Them

Barbara Ann Grova, CHHC, AADP is a Certified Holistic Health and Nutrition Counselor and is the Founder and Director of Nutritional Healing. She is passionate about working with the nutritional and lifestyle needs of families that have children with health or behavioral challenges, allergies, obesity, Asperger's or ADD/HD. She teaches parents how to disguise healthy foods so their kids will eat them. She has experience with managing the nutritional and lifestyle needs of children going through early (precocious) puberty since her own daughter experienced this condition at the age 6.

Her programs are designed for your specific body type, metabolic type, blood type, ancestry, health issues and lifestyle and help you learn how to heal your body naturally without the use of drugs or medication.

Co-sponsored by the NAMC and Local Mothers' Center

Where: Evolve Personal Training Center, 196 Belle Mead Road, East Setauket, NY 11733

Date: Wednesday, January 21st, 2009

Time: 7:30 to 9:00 PM

Click [here](#) to register or contact Catherine Wright at 516 939-6667 X102 or [catherinew@motherscenter.org](mailto:catherinew@motherscenter.org).

This seminar is FREE and OPEN to the public. Seating is limited, so reserve your seat today!

Special thanks to Evolve Personal Training Center [www.getfitfaster.net](http://www.getfitfaster.net) for hosting this event!