



**Fussy eater?  
Behavioural problems? Won't eat their vegetables?  
Struggle with breakfast or healthy lunchbox ideas?**

## **'Feeding Kids Healthily'**

A seminar presented by  
Katie O'Connell, Nutritional Therapist of Food to Heal and **Zest4life**

**Monday 27<sup>th</sup> February 2012  
8pm to 9pm**

*Food to Heal*

Held at  
Carmenta Life  
Chesham House, Church Lane  
Berkhamsted  
HP4 2AX

Patrick Holford's  
**zest4life**  
nutrition & weightloss

**Fee: £10**

Behavioural problems and childhood obesity are on the increase and a healthy diet is critical to a child's mental development, behaviour and energy levels.

This seminar will teach you how to ensure your child benefits from an enjoyable and nutritious diet every day.

Please do pass this onto friends and/or family who you think may benefit and be interested. Places are limited so reserve your place as soon as possible.

**Please contact Katie O'Connell  
on 07789 041528  
or via email**

**[katie@foodtoheal.co.uk](mailto:katie@foodtoheal.co.uk)**