

Linda Arpino, MA, RD, CDN Pediatric and Adolescent Nutrition Expert is accepting enrollment for

**Life Focus Parent Healthy Eating Workshop Series
Space limited**

Starts Every Month Beginning in March, 2014

____Four Tuesday's each month 9:30am, 1:00 & 5:30pm at 14 Rye Ridge Plaza, suite 223, Rye Brook NY

____Four Wednesday's 9:30am, 1:00 pm and 5:00pm at 21 Craig Court, Stamford, Ct 06903

Participants will how to eat healthy in a world pulling us in another direction.

Learn how to avoid the finicky eater trap and create meals loaded with nutrients and flavor other than sugar, salt and fat! Hear what even MD's may not be well informed about!

Topics include why plant based foods lower risk for chronic disease, how to shop for products that will keep you healthy, learn which products are best and why, understand that nutrients needed are far beyond what we once had known.

You will achieve culinary insights, recipes, grocery guides and menus.

Join us for very informative discussions that could change the course of your life and your children's!

Call (914)935-0123 to register or send \$100 check payable to Linda Arpino & Associates, Inc. write "4 week series RB" on check and include your telephone #.

PRE-REGISTRATION REQUIRED WITH PAYMENT BY CHECK: Desired time: _____

Name: _____ Date: _____

Address: _____ email : _____

Telephone:(_____)_____

Mail Registration and Check to: Linda Arpino, RD,CDN,
21 Craig Court
Stamford, CT 06903

For the past five years, Linda has been working on a project for the Academy of Pediatrics, Academy of Nutrition and Dietetics and the Clinton Foundation's Alliance for a Healthier Generation and Health Insurance companies to aid in combating child obesity. Soon to be released to MD's and RD's across the nation to partner in this fight!