



Raising Healthy Families: Your Choices, Their Future

Attendees will learn:

- How a healthy childhood can prevent the development of chronic disease.
- How to predispose your kids to healthy decision making.
- How to improve children's learning ability through nutrition and exercise.
- How to promote optimal development for the health of your children.

FREE DINNER

Monday, September
30th @ 6:30 PM

Buca di Beppo Restaurant
90 Yorktown Road, Lombard
Register yourself & up to 3 adult guests.
Seating is Limited.



**West Suburban
WELLNESS**
Natural Care. Healthy Families.

To RSVP Call 630.629.9500
or e-mail
events@westsuburbanwellness.com

Register at
<https://raisinghealthyfamilieswsw.eventbrite.com/>

www.WestSuburbanWellness.com

