



behaviour[®]
tonics with



startright
nutrition

Present

Eat Right, Grow Well

A workshop for parents of 0 - 5 year olds addressing all your nutritional and dietary questions.
Running over 2 x 2 hour meetings.

What You Will Learn

- Eat Well, Grow Right provides you with advice on eating for now and the future in a sensible and practical manner. It provides you with the tools to prevent your family from chronic disease like obesity, diabetes and heart disease.

Areas Covered

- Growth.
- Development of eating in young children.
- Parent's and child's role in eating and having a healthy diet.
- What is a healthy diet?
- How to read food labels.
- How much to eat!
- Calm and fuss free mealtimes.
- Meal and snack ideas.

About the Presenters



Andrea Gilbey is an accredited practising dietitian and credentialed diabetes educator. She has had over 20 years experience as a dietitian, mostly with children at Princess Margaret Hospital. Andrea now works in private practice. She is married with 3 young children.



Alison Climie is an accredited practising dietitian with over 20 years of experience. She has worked in hospitals and the community in both the UK and Australia. The majority of her work has been with children, working at the Royal Hospital for Sick Children in Glasgow, Scotland and Princess Margaret Hospital. Alison now works in private practice and has 2 young children.

Thursday 1st & 8th of March 2012, 7pm - 9pm
Behaviour Tonics Level 1, 252 Cambridge St, Wembley
\$110 per person. Refreshments provided.
Register online at www.behaviourtonics.com.au
PH 9382 1182 or return the slip below.

Eat Right, Grow Well March 2012

Name:			
Address:			
CONTACT DETAILS	Ph:	Mob:	Email:
Enclosed is my payment of: \$	\$110	EFT: Behaviour Tonics BSB: 016 464 Acc. No: 108 797 285	Please debit my: VISA <input type="checkbox"/> Mastercard <input type="checkbox"/> Cheques to be made payable to Behaviour Tonics
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Behaviour Tonics PO Box 1431 West Leederville 6901 Fax: 9382 1184