



# Healthy Eating Habits for Your Children

## Is what your children eat important to you?

Would you like to learn more about a variety of foods that can help your children to grow and develop, while supporting their immunity?

Best of all whilst you are at the seminar there will be a 'games workshop' for the kids where they get to run around, play games and have fun with Amanda from AR1 Fitness Training (who is a qualified children's trainer).

Join Food Therapist, Kim Bishop, from Yu Food + Lifestyle and Amanda from AR1 Fitness Training for a 1 hour presentation and learn more about food, nutrition, additives and habits whilst the kids get to go crazy & burn off some energy!

**Date:** 16<sup>th</sup> August 2009  
**Venue:** 35 Lambourn Road, Watsonia  
**Time:** 10.00 am – 11.00 am  
**Cost:** \$20.00

Places are limited

Book online at [www.ar1.com.au](http://www.ar1.com.au) or Contact Amanda Rattay on 040 618 274 or Kim Bishop on 0400 049 618

To check out other Yu Food + Lifestyle Programs and Workshops visit our website at [www.yu.net.au](http://www.yu.net.au)

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