

"But Mom,
Flamin' Hot
Cheetos are
real food!"



Tuesday, March 1st, 2016
9:15 a.m. - 11:15 a.m.

Raising Healthy Kids in a Junk Food, Diet-Obsessed World

Join us to hear registered dietitian Suzanne Farrell present about nutrition science and the art of living a happy, healthy life. Suzanne will explain what kids should be eating for optimal health. You'll learn about:

- ✓ 1 mealtime rule to start implementing today
- ✓ The truth about carbohydrates & sugars
- ✓ Tips for kid snack attacks
- ✓ Answers to common questions such as:

Is gluten-free
healthier?

What should I look for
when choosing a yogurt?

Are sports
drinks ok?



Suzanne Farrell is the owner of Cherry Creek Nutrition, Inc. She is the Nutrition Coach for Channel 2 Daybreak and a former spokesperson for the Academy of Nutrition and Dietetics. Parents, school administrators and community members are welcome and encouraged to attend PIN's presentations. No need to RSVP—just come! Presentations are **FREE** and are held the first Tuesday of each month at:

Student Achievement Resource Center (SARC) 14188 E. Briarwood Avenue, Centennial

(South of Arapahoe Rd., between Potomac and Jordan Roads)

Visit www.PINccsd.org for Podcasts and Meeting Highlights

MARK YOUR CALENDARS

April 5th, 9:15-11:15

The Myth of Safety: Why Kids Need Grit

May 3rd Annual Brunch*

Brain-Based Mindfulness Strategies to Develop Resilience to Stress

*The Annual Brunch will be held at Cherry Creek Presbyterian Church at 8:45.