

# Family Education Day

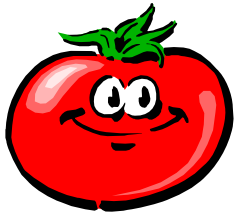
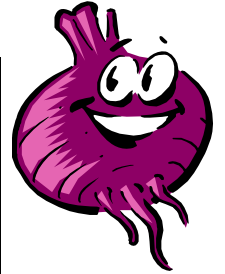


Monday, February 23rd at 1:00 p.m.

R.S.V.P. (310) 545-4550

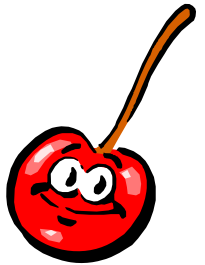
Wondernation

3625 Sepulveda Blvd., Manhattan Beach, CA 90266



## DID YOU KNOW ???

- 40 million American children have abnormally **HIGH** cholesterol levels.
- By the age of 12, 70% of our **CHILDREN** have developed the beginning stages of hardening of the arteries.
- 1 in 3 Americans will be diagnosed with **CANCER** in their lifetime.
- Diabetes and other degenerative diseases are reaching **ALARMING** rates.
- The average child eats 5 pounds of sugar **A WEEK !**
- By the age of 3, most children have fatty deposits in their **ARTERIES**.
- Over 10 million **SCHOOL DAYS** are missed each year due to asthma.



## COME AND LEARN:

- How to identify **HARMFUL** ingredients in food
- The dangers associated with some **ENERGY DRINKS**
- Practical tools for getting your child to eat more fruits and vegetables...**WHOLE FOOD!!!**
- The direct correlation between nutrition, learning, and athletic performance



*Children are welcome with accompanying adult - they love to see the sugar demonstration and the years old take-out meal!*

Kim Williams and Linda Buffington, Wellness Consultants

