

# When you call the kids for dinner, do you brace for battle?

- Is your child a picky eater?
- Struggling in school or having behavioural problems?
- Do you struggle finding healthy meals and snacks for your family?

## Don't worry!

We've been there... and we're here to help!

Join us for an 8-session workshop to learn all about nutrition - its effects on the brain and body, gut health, food allergies/sensitivities... all through delicious and nutritious meals.

**When:** Feb. 18, Mar. 4, 18, Apr. 8, 22, May 6, 20, June 3

**Time:** 9:30-11:30 am (An evening group on the same dates is possible but is demand dependent.)

**Cost:** \$290/person (Space is limited)

**Location:** The Meeting Space 200A Haddon Rd SW



### Karen Sribney

M.Ed., Registered Psychologist,  
RHN Holistic Nutritionist

Karen has been a practicing psychologist in Calgary for 20 years. She recently underwent training as an RHN Holistic Nutritionist to further learn the importance of how what we feed ourselves determines our mental health and brain functions.

She has 2 teenaged daughters who are both athletes and good students. Karen is also

an athlete and accomplished cook. Learn more about Karen at her website: [www.neurish.ca](http://www.neurish.ca).



### Alina Muresan

MD, M.Sc., RHN Holistic Nutritionist

Alina has a medical degree from Romania, a M.Sc. in biochemistry, and a Nutrition diploma. Alina specializes in offering nutritional counselling to families with children, with a focus on picky eaters, food allergies and sensitivities, and constipation.

Alina has 2 young children under the age of six. You can find delicious and nutritious gluten- and dairy-free recipes on her website at [www.orgali.ca](http://www.orgali.ca).

To register or if you have any questions, please email [alinaandkaren@gmail.com](mailto:alinaandkaren@gmail.com)