

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 a 7-session workshop to learn all about nutrition for everyone in your family, no matter what age - its effects on the brain and body, gut health, food allergies/sensitivities ... all through delicious and nutritious meals.

When: Wednesday evenings, Apr. 13, 20, 27, May 4, 11, 17 (Tues.), and 25th

Time: 6:30-8:30 pm

Cost: Early Bird pricing until March 14th: \$290. Price after March 14: \$330

Location: Urbancore Business Centre, 2632 24th St. SW, Calgary, AB

Registration or questions: alinaandkaren@gmail.com or phone Karen @ 403.922.4122



Karen Sribney

M.Ed., Registered Psychologist, C.H.N.

Karen has been a practicing psychologist in Calgary for 20 years and recently added a Nutrition diploma to her training. Karen brings a specific knowledge of nutrition as it relates to our mental health and brain function.

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.



Alina Muresan

MD, M.Sc., C.H.N.

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.