Food for a Happy and Calm Household

Wednesday 6 August 2014 from 6.30-8.30pm
St Dympna’s Multipurpose Hall
Bookings essential – Gold Coin Donation

Are some of the chemicals put into everyday food and drinks causing temper tantrums, sleep disturbance and disruptive behaviour in your children?

You are invited to join us for a fun and informative seminar to discover which food additives in everyday healthy food choices are linked to health, learning and behaviour problems (including asthma and hyperactivity).

You’ll learn:
- Which additives to avoid
- How to read food labels
- How to shop smarter
- Where and how to get started

All attendees receive a handy Additives to Avoid wallet card.

This seminar will be presented by Queensland’s only Additive Alert Community Talks Presenter – Louise D’Allura from Meal Planning Your Way for parents, friends and members of our community.

BOOKINGS ARE ESSENTIAL – Please complete the form below and return it to the office.

To learn more visit www.MealPlanningYourWay.com or www.AdditiveAlert.com.au

I will be attending the seminar on 6 August 2014 about Food Additives.

No of people attending: ____________________________

Name: ____________________________________________

Telephone: ________________________________________

Email: ____________________________________________

Please return this slip to the office by 25 July 2014.