



**LIFELONG LEARNING**  
WITH COMMUNITY SCHOOLS



## Dr. Sears L.E.A.N. Start Health and Wellness Workshop

Join this interactive workshop created by Dr. Sears. Parents of children between the ages of 3 and 12 will receive a better understanding of nutrients, vitamins, fats, and carbohydrates with the most positive impact on health and wellness. Enjoy exploring this new eating system with snacks, recipes, and play ideas for adults and children. Understand nutrition labels and use smart shopping techniques to affordably implement this program. This class also includes valuable tips for teachers and coaches to obtain optimum outcomes in school and in sports.

Sanderson HS | 3/27 - 5/01 | T, 6:30pm-7:30pm | \$205

Reedy Crk MS | 2/15 - 3/22 | Th, 6:30pm-7:30pm | \$205

## Register now!

 [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu)

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