

# BRICK TOWNSHIP SPECIAL EDUCATION PTA

*presents  
an introduction to*

## **Parenting For Wellness**

A Health Empowerment Series

Louise Kuo Habakus, MA, HHP

Monday, February 22, 2010

7:00-9:30 pm

Veterans Memorial Middle School Auditorium  
105 Hendrickson Avenue, Brick, NJ

Individual registration [louise@lifehealthchoices.com](mailto:louise@lifehealthchoices.com)

Free admission & light refreshments

Please join us for an informative and timely look at nutritional and perspectives on parenting and family wellness. We'll discuss the "New Normal" of children's health, and how to take pack parenting and make our life health choices. Bring your questions about cold and flu season, including prevention, vaccines and immune system support. Life Health Choices is dedicated to building community and creating change through informed choices affecting our lives and our health.

