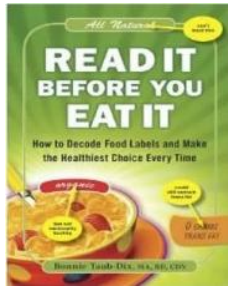


Come and learn about the effect that food has on our mood, the most common and dangerous ingredients in food, and natural healing techniques

Please join the Sea Cliff Nutrition Committee for a  
Workshop on:

## Top Food Strategies for a Happy & Healthy Family



**Date: Wednesday, March 5, 2014**

**Time: 7:30 pm – 8:30 pm**

**(immediately following the SC PCA meeting)**

**Location: Sea Cliff Elementary School Cafeteria**



**We have invited High Functioning Family, a company that provides health and parent coaching**

**[www.highfunctioningfamily.com](http://www.highfunctioningfamily.com)**

- **Juarline Stavrinos** is a certified Health & Lifestyle Coach, and a mother of two young children with food allergies, epilepsy & ADHD. Juarline received her training at the Institute for Integrative Nutrition in New York City and is also a certified Special Education teacher. She leads workshops on nutrition and food allergies, and offers individual health and nutrition coaching to families.
- **Margarita Daskalakis** is a certified Parent Coach and a mother of two children, one of which was diagnosed with Autism. Margarita received her training at the Parent Coaching Institute. She leads workshops on self-care, Autism strategies and more, and offers individual parent coaching to families.