

# Healthy Whole Child Workshop

Sunday, December 8<sup>th</sup> from 1pm-2:30pm

Discover How Coping Skills And FOOD Can Help Your Child!



**Kids will learn;**

**happycalmchild** tools that they can use *on their own* when you aren't around;

- **To Focus** (in school, for tests, in sports, studying dance or music)
  - To **gain Confidence** and **ease performance Anxiety**
  - To **find CALM**; learning when to use it and **WHY** now and in the years to come
- (These tools are taught through Games, Creative Movement, Breath Work, Yoga and Core Strength Exercises)

**ReVamp Wellness** teaches Parents a holistic approach to a **balanced** way of eating NOT a diet!



**Parents will go home knowing;**

- How to avoid hidden sugar, *which* supplements are worth the \$, *what* to buy Organic
- How to keep your **child focused and calm** via foods to help solve behavioral concerns
- How to test *your* child for food allergies (through a non- invasive way)

(You'll also go home with guidance on how to keep your child practicing the happycalmchild tools they've learned)

**Healthy Whole Child Workshop is being held at The Dance Center**

24422 C Hawthorne Blvd (in between dominos and Akia swim school)

**Cost is \$40 for 1 parent & 1 child; \$15 per additional parent or child**

**This workshop is best suited for parents with children 4-12(separated into age appropriate groups)**

**happycalmchild Eye Pillows** are highly recommended for the children's portion of the workshop.

Attendees can purchase them for **\$12.00** (regularly \$14.99). Please order when registering.

**Space is limited to 20 adults and 20 children, so reserve your spot today!**

Contact Michele @ [happycalmchild@gmail.com](mailto:happycalmchild@gmail.com) or 909-560-0635, learn more about Michele at [www.happycalmchild.com](http://www.happycalmchild.com) or Kathy @ [kathymageethorne@gmail.com](mailto:kathymageethorne@gmail.com) or 818-425-1477, learn more about Kathy at [www.revampwellness.com](http://www.revampwellness.com)