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***Nutrition for Your Children
With Fitness Expert & Author Bill Cortright***

**11 a.m. Saturday, May 22th
at Gardner's Markets Pinecrest, 8287 SW 124th Street
*Open to the public. Call Patricia at 305-490-8831***



What's a parent to do when their child wants fries, when they should be eating veggies?

Today, kids live stressful lives, managing school, piles of homework, afterschool activities and family. Bill Cortright, author of *The Stress-Response Diet and Lifestyle Program*, will detail what kids should be eating and how they can stay fit despite challenges with their hectic lives.

Signs of Unhealthy Stress (Kids and Adults)

- You have intense cravings for sweets and carbs.
- You aren't hungry in the morning, but starving at night.
- You have trouble falling asleep and staying asleep.
- You wake up feeling tired and unable to think clearly.
- You feel overwhelmed.
- You experience tachycardia.
- You can't function without caffeine.
- You catch frequent colds.
- You suffer from panic attacks.
- You can't lose weight.

Learn more at www.srdiet.com.