

Do you wonder how to support your sons & daughters (or yourself) who struggle with:

- A healthy self-image and self-esteem?
- Focus and concentration during school and homework time?
- Internal motivation to eat mindfully and be active?
- Under or over eating

Come learn the 5 most common mistakes well-intended parents make regarding nutrition and mental health

Wednesday March 13 7:00 PM, Manhattan Beach Middle School multi-purpose room



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