



Back to Basics: Healthy Kids Go Back to School!

Wed September 18th 6:30-8:00

\$10.00 donation to the Whole Kids Foundation



Local naturopathic doctor, Amy Rothenberg ND, brings 30+ years of motherhood and doctoring for an evening on how to keep kids healthy as they start back to school and how to use gentle, effective natural medicine approaches when kids fall ill.

We'll also taste nutritious school lunch ideas and after school snack samples to please even the picky eater. For example: Zucchini Feta Pie, Easy Veggie Pinwheels, After School Cookies and Grilled Bananas with Toppings.

Sign up at our customer service desk.

Let us know if there are any food allergies.