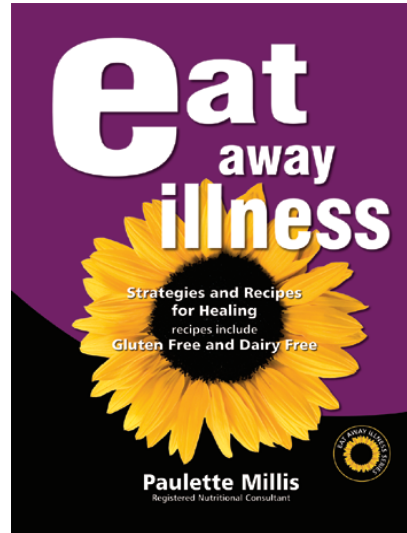


School Community Councils:

Re: Wellness, Healthy Bodies Programs



Paulette Millis



Best Seller

THE HEALTHY FAMILY CHALLENGE

Learn how to use my one page **Healthy Family Challenge** point system to motivate your children to prepare and consume nutrient dense food, as well as join in physical activities that build health. The easy 10 point checklist with listed family physical events will inspire your whole family, improve everyone's immune system, as well as build positive family relationships.

What: Demonstrations and Presentations - including handouts, food samples, and book resources.

Examples: (all based on superior, nutrient dense food choices)

- _____ *Packing Awesome Lunch Kits;*
- _____ *Power Snacks Kids Can Make;*
- _____ *Food on the Run;*
- _____ *Healthy Drinks to Go;*
- _____ *Easy Meal Plans That Please Kids;*
- _____ *Super Breakfast;*
- _____ *Super Supplements;*

- _____ *Shopping and Storing Superior Nutritious Foods;*
- _____ *Allergy Relief;*
- _____ *Gluten and Dairy Free Foods;*
- _____ *Guilt Free Christmas Goodies;*
- _____ *Cooking Demos;*

Who: Paulette Millis, best selling author and Registered Nutritional Consultant

www.healingwithnutrition.ca

(best sellers *Eat Away Illness* and *Cook Your Way to Health*)

eatingforhealth@sasktel.net

(306)244-8890

Why: Prevent cold and flu by building the immune system naturally with healing foods.

Bust the diabetes stats!!!

Did you know:

* The greatest rise in type 1 diabetes is in 5 – 9 year olds?

* That Canada has the 6th highest incidence rate of type 1 diabetes in children 14 years or younger?

Let's wipe out the rising concerns of heart, fat, and hypertension disorders!!!!

Let's teach our kids, by example, to build long term health habits!

When: School Community Council meetings.

Parent and Kid day events.

Family nights at school.

Assembly events.

Fees: \$600 per session, plus food costs and travel (.40km)

Testimonials:

"Your incredible knowledge, easy-to-implement ideas and passion for healthy eating continues to inspire me and my family. We feel fantastic and have so much more energy....we very rarely catch flu's and colds anymore! The boy's now read labels and understand the importance of choosing nutrient dense food. I feel your message is truly changing lives; not an easy task nowadays with the junk food that seems to be around every corner. Thank you for bringing your message to our school and to our families, you are a Saskatchewan treasure!"

Maureen McIntosh, school mom.

"Paulette's workshops are full of great ideas and useful information for both my school's lunch program and at home. With her help, I have been able to incorporate her ideas/recipes into my own family life,

and have found that my children are sick less often and are choosing snacks that are healthier for them. I too have noticed that I have had fewer sick days, and recover more quickly when I do get sick/run-down. I feel that Paulette's workshops have something for everyone, and her goal of building long term health habits is valuable for us all."

Leslie, teacher and parent.

"We found Paulette's talk highly informative and extremely practical. Paulette included delicious food samples made from her own recipes, which further emphasized that eating healthy is both tasty and attainable. This really was time well spent!"

Cyndi, teacher.

Recent School Presentations:

Northland College Conference

– Eat Away Illness, Eat Away Diabetes, Boost Your Energy.

Prairie Spirit Teacher's Conference

– Boost Your Energy, Eat Away Illness.

Silverspring School

– Food on the Run.

Walter Murray School

– Tips and Tricks for Natural Healing;

Awasis Education Conference

- Eat Away Diabetes, Eat Away Illness