



Wellness Workshop

Date: Tuesday, October 9, 2018 at 6:30 p.m.

Curb Your Child's Sugar Habit to End the Health, Behavior, and Emotional Problems In Your Child Today

Presented By: Sue Zook, Ed.D., Transformational Health Coach & Wellness Educator

Buffalo Grove Park District/Fitness Center
601 Deerfield Pkwy.
Buffalo Grove, IL 60089

This workshop will inspire you to permanently change you and your child's relationship with sugar, and turn your life around through the power of healthy eating.

Most Americans today are addicted to sugar. This is an opportunity to uncover some simple solutions that:

- Control Food Cravings
- Build Energy
- Enhance Mental Focus
- Eliminate Meltdowns and Mood Swings
- Improve Attitudes and Self Esteem

It Is Possible...

You and your child CAN:

- Eat the right foods without feeling deprived
- Become allies in the process to change what you eat and how you feel without a battle and drama
- Reduce your craving for sugar and heal your body
- Have healthier and happier lives!

Your Family's Health Is Our Greatest Achievement!



I'm Sue Zook, Ed. D., creator of Nobesity 4 Kids Sake. I've helped thousands of children embrace a healthier lifestyle during my 35 years in public education as a teacher, mentor, building and district leader, and curriculum program developer. I have been pursuing my passion of helping people be healthier since retiring in 2012. I've been certified as a Health Coach and Wellness Educator by the Health Coach Institute, and continue training and professional development for busy moms and their families in the areas of health, wellness, and personal wellbeing.

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