

## **Special Needs Group**

Tuesday, Oct 27, 2009 meeting

7:00 - 8:30pm

Speaker: Sally Hara, MS, RD, CDE from ProActive Nutrition, Kirkland

Restlessness, defiance, anger, anxiety, distractibility, headaches, stomach aches, runny nose, red ears, excessive ear wax, ETC! Is your child eating foods that can cause these health effects? Children with behavioral challenges, those on the autistic spectrum, with ADHD and typical children often have learning and health problems that can be affected by the foods they eat. Not all food affects every child the same.

Sally Hara, Registered Dietician, medical nutrition therapist and most importantly, mom of a child with special needs, will share the top foods and combinations to avoid and will share her strategies for meal times with children who struggle with feeding challenges, ritualistic feeding habits, problems with food textures etc.

Sally will share insightful guidance through the maze of nutrition therapies for a special population. Bring your Qs and get your As to set your child up for success this school year! Tell your friends and join us!

If you would like to be part of the Special Needs Group private email distribution list, please contact Chairperson Beth Angelo [4bangelo3@verizon.net](mailto:4bangelo3@verizon.net)

