

SYOSSET COUNCIL OF PTAS  
PRESENTS



# SIMPLE SOLUTIONS FOR A HEALTHIER FAMILY

Presented by Melissa Capie, a Dr. Sears' Certified  
L.E.A.N. Coach and certified Health Coach.

**MARCH 18, 2020**

**7:30PM**

**SYOSSET HIGH SCHOOL STUDENT LOBBY**

A must for all parents who want to know more about:

*The right nutrition to fuel your children's bodies for a healthy today and beyond, learn how the foods you eat can either increase or decrease your energy and learn the number one cause of added calories in the diet and how to avoid it.*

*Tips for deciphering food labels and navigating the confusing info on nutrition with ease, and the importance of a healthy breakfast for growing minds....plus more!*

Questions? Contact your school PTA Health, Nutrition & Safety Rep