

ACCESS COMMUNITY LECTURE SERIES

A Forum for the Special Needs Community

Nutrition for Academic Focus and Success

Jill Wolff

Health Coach, SweetTreeWellness

Monday, January 11, 2016

7:30-9:00PM, Community Room B

McLean Bible Church
8925 Leesburg Pike
Vienna, VA 22182



Ever wonder if what your children eat could be a factor in their ability to pay attention? Consider some of the fundamental health and environmental factors that keep the brain and body alert and ready to learn. This session will review a number of helpful nutrition strategies that families can implement to help children focus better.



Jill Wolff

SweetTreeWellness

Jill Wolff is a certified health coach specializing in helping families implement strong healthy-eating and lifestyle habits into their busy schedules. She incorporates nutrition education with practical solutions that make being healthy easy and workable for everyone. Her private practice, Sweet Tree Wellness, is based in Herndon.

The evening is free and open to everyone.
RSVP appreciated but not required.
erin.roundtree@mcleanbible.org or 703-770-2938
mcleanbible.org/ACLS