

Please join us **APRIL 26th from 9:00-10:00 AM in St. Jude Hall for a talk with Laura Laine, MEd, RDN, LD.** Laura is a registered dietitian with over 37 years of experience working with children and their families with their nutrition and well being.

Nourishing Your Growing Child
Helping your child enjoy a healthy relationship in their growing body

The body is a sacred garment. It is your first and last garment. It is what you enter life in, and what you depart with, and it should be treated with honor. ---Martha Graham

Living in a world of do's and don'ts with regard to our body and food is confusing to say the least. For our children, living in a body that is changing moment by moment, it can be even more confusing.

If your child wants to diet or if you think there may be a problem with your child's weight or eating, when and how to help or intervene is often a difficult and tricky dilemma.

- What if my child wants to lose weight but does not need to?
- When does losing weight become an important health issue?
- What is a proper diet for a middle school child?
- How do you know if your child is over or under weight?
- As parents, what kinds of messages do we give our children about dieting, weight, and our own body shapes that help them or that create issues?

Laura is a Spiritual Director and owns Sophia Grace Center for Nutrition, Healthy and Spirituality. Laura brings her years of experience working with Nutrition and Eating disorders to St. John Paul II to speak with us about Nourishing the Child in Body, Mind, and Spirit.

To ensure we have adequate seating, please RSVP interest in attending to bcostantini@jp2.org