



ARTS DIALOGUE

AS PART OF A NEW SERIES, COLOUR MY WORLD HAS INVITED KEY COMMUNITY MEMBERS TO HOST TALKS, SEMINARS, AND INTRODUCTORY SESSIONS ON A VARIETY OF TOPICS THIS 2015 - 2016.

WE PRESENT OUR THIRD ARTS DIALOGUE EVENT...



THE POWER OF NUTRITION

BY SELINA KUOK (CERTIFIED NUTRITIONIST)

SELINA OFFERS PRACTICAL TIPS AND RESOURCES ON

- BALANCED NUTRITION FOR CHILDREN 3 - 8 YEARS
- FOOD FOR OPTIMAL PHYSICAL & MENTAL PERFORMANCE
- TRAIN FUSSY EATERS' PALATE
- TODAY'S FOOD ENVIRONMENT :
FOOD SAFETY, TOXICITY, CONTAMINATION

SELINA KUOK IS AN AADP ACCREDITED, CERTIFIED NUTRITIONIST, WHO ALONG WITH FRIEND NATALIE HAVE FOUNDED A NUTRITION-BASED CONSULTANCY CALLED FRESH START. THEY PRACTICE A HOLISTIC, BALANCED APPROACH THAT IS GROUNDED IN FUNCTIONAL MEDICINE AND NUTRITIONAL SCIENCE. SELINA BELIEVES THAT DEVELOPING BETTER EATING HABITS WHICH INCORPORATE STEP-BY-STEP GUIDANCE THAT IS TAILORED TO EACH PERSON PROMOTES A SUPPORTIVE LIFE LONG JOURNEY TO OPTIMAL HEALTH. WE HAVE INVITED SELINA TO TALK THROUGH THE IMPORTANCE OF FOOD AND LIFE STYLE CHOICES TO INFORM THOSE WHO WANT TO MAKE A FRESH START IN FOOD SOURCING, SHOPPING, AND TAILORED DIETARY PLANNING.

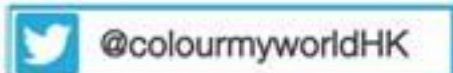
3:00 - 5:00 PM

SATURDAY, 5 MARCH 2016

FREE ADMISSION

LIMITED SEATS AVAILABLE. RSVP A MUST.

OPEN TO ALL PARENTS!



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