



Optimize Your Health Build Your Family's Defenses

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**Tuesday, MARCH 13th at 9:30 a.m.
EAST SCHOOL GALLEY**

More and more of our children experience chronic and repeated illness including allergies, asthma and more. Growing evidence suggests a common cause --- WEAK IMMUNE SYSTEMS --- the total effect of many environmental factors & lifestyle decisions.

You can begin to reverse many of these trends!

- Learn to build your family's defenses
- How to medicate your child wisely
- Chemicals to avoid & how to live without them
- Immune-boosting diets

The answers may surprise you!

Empower yourself and your family to reduce illness, allergies and health-related issues by understanding root causes and applying some basic solutions.

*Register for this program, and our other youth and parent programs
– all free-of-charge at www.newcanaanCARES.org*