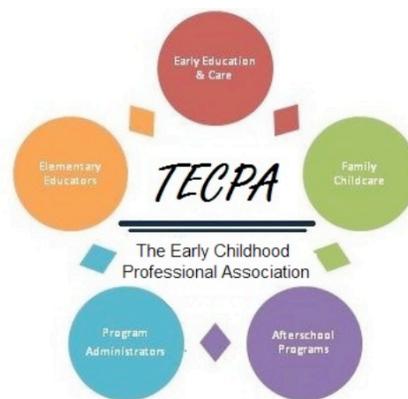


Join us for our next TECPA Program



Food for Thought: The Influence of Nutrition on Behavior

Presented by: Jeanine Fitzgerald, The Fitzgerald Institute

This generation of children has the highest rate of food allergies, obesity, emotional and behavioral diagnoses, autoimmune disease and learning challenges ever recorded. And while we prefer to look for the quick fix, there are hidden connections between nutrition and these challenges. If our current approaches considered nutrition as having preventive and healing properties, we would waste less money on evaluations, lab tests and medications that do not solve the challenges, but mask or treat the symptoms. This session examines ways that nutrition impacts a child's energy, learning and susceptibility to the diagnoses of ADHD, Oppositional Defiant Disorder and others. It offers scientifically-proven approaches that have led to real-life solutions.

Jeanine Fitzgerald is a Human Behavior Consultant and Specialist, and Owner of The Fitzgerald Institute of Lifelong Learning who has more than 35 years of professional experience empowering teachers and parents. She specializes in research-based strategies in educational leadership, relationship-building, motivation, preventing the factors that compromise the fulfillment of a child's maximum potential, and implementing positive interventions in "real life" settings. As a speaker, consultant and master trainer, Jeanine has worked with thousands of children, professionals and parents across the country. She is recognized on the federal level as an approved trainer in the fields of education, disabilities and mental health. Ms. Fitzgerald is also the author of *The Dance of Interaction* and a national training program entitled *Education with Insight*.

When: Wednesday, May 17, 2017
Where: Morse Institute Library, Lebowitz Meeting Hall, Natick, MA
Time: 6:30-8:30 p.m., a light dinner will be provided from 6:00-6:30
Cost: \$25.00 per person

EEC Core Competency – Area 4: Health, Safety, and Nutrition

Instructional Method: Lecture, Classroom Discussion, and Participatory Activities

***This program meets the needs of Diverse Learners**

Seating is limited. Registration is available online at www.tecpa.org
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