

TWA Guest Speaker & Social Event



*Balancing a desire to feed
your families healthful
meals while juggling
the demands
of your hectic life*

Please join Thornhill Women's Association
and

**Guest Speaker & Certified Nutritionist,
Lisa McLennan MPH, RD, LDN**

“WHY is good nutrition so important for you and your family?”

WHEN: Thursday, September 29th, 2011
TIME: 7 p.m.
WHERE: Thornhill Pavilion
WHAT TO BRING? Your beverage of choice, and a salad,
if you wish to share

DO YOU FIND YOURSELF....

- Scrambling to get dinner on the table within 15 minutes between running to activities, all while holding the baby and just WISHING you had the time to prepare something more healthful?
- Struggling to identify snacks your kids will actually eat that are both quick and healthy choices?
- Eating and feeding your family convenience foods during the race from carpool and/or work to play dates, homework, evening lessons & sports?

COME LEARN...

- WHY good nutrition is so important...and you'll be more motivated to do something about it!
- Tips for making good nutrition attainable in the time you have.

Speaker Biography

Lisa has 3 kids, ages 8, 10 and 12. She works at My Diabetes Dietitian in Matthews part-time while attending seminary school. So, like us, Lisa also feels the tug between healthy cooking and the reality of convenience foods. Most parents know good nutrition is important, but Lisa believes that if she can help parents understand *WHY* good nutrition is important...they will be more likely to make it a battle you decide to fight for yourself and for your kids.