

## Understanding Your Child's Nutrition & Posture

How your child eat today will have a striking impact on her health throughout adolescence and adulthood. Similarly, good posture is so vital in the proper functioning of the body, but what does bad posture really mean? Does it matter? How much does it matter? Why? And how do we change it?

Join **Dana Heather** & **Chris Watts** in this interactive workshop as they share their knowledge on how good nutrition and posture will help your child strive physically, mentally and emotionally. **REGISTER NOW!**

**MON 26<sup>th</sup> SEPT**

**09:30-11:30 AM**

**Momentum Lab**

**805 Bt. Timah Rd**

**#01-06 Sixth Ave Centre**

**Registration Fees: \$30**

**Tel: 6339 2210 SMS: 8228 1337**

**(Limited Slots/RSVP)**

### OUR SPEAKERS



#### **Nutrition for Healthy Kids (09:30-10:00 am)**

**By Dana Heather** Founder of **Balanced Living & The Living Café**  
BMed Pathology, Homeopath, Naturopath, Holistic Nutritionist



Using a wide variety of natural therapies including nutrition counselling, botanical and homeopathic medicine, clinical lab tests, responsible detoxification and emotional release techniques, Dana believes that true health is creating and sustaining balance in all aspects of health—physical, mental, emotional and spiritual.



#### **Correcting Your Child's Posture: Does it Matter? (10:15-11:30 am)**

**By Chris Watts** Founder of **Motion Dynamics™**



Chris is an internationally recognized manual therapy practitioner, with a strong standing in the health, fitness and well-being community. He is Asia's pioneer in therapeutic stretching, injury prevention and manual movement modalities. Chris has appeared on many Asian TV programs and was voted one of "London's 50 Most Wanted Health Gurus" in 2006 by the London Evening Standard.