



*"Building Confidence and Connections"*



## Healthy Body Image & Healthy Eating For Your Child and Young Athlete



What is a "healthy lifestyle" for a child?  
How do we foster a healthy body image in our child?  
These questions and more will be answered by...



### Monique Ryan, MS, RD, LDN

Nationally recognized nutritionist, author and lecturer with over 20 years experience  
Founder of Personal Nutrition Designs, a nutrition consulting company



*How can we help our children and student athletes keep a balance between good health and demanding performance requirements? Whether our children are boys or girls, athletic or sedentary, parents have great challenges in teaching their children to live a balanced, healthy lifestyle. Monique Ryan will offer her experience and insight to give parents the information and tools they need to help their children develop good habits and have confidence in their unique body types.*



**Wednesday, February 15, 2006**  
**12:45pm to 2:30pm**  
**New Trier High School, Northfield Campus**  
**7 Happ Rd., Building C, Room 234**



*Open to the public - Suitable for parents with children of all ages.  
For more information and directions, visit our website [www.fan-ntts.org](http://www.fan-ntts.org).*