



## Information Session

### Managing Childhood Illness with Nutrition and Natural Therapies

The Backyard at Briars  
Baby Brunch

Tuesday, 6<sup>th</sup> June  
11.30 a.m. to 12.30 p.m.

#### A Discussion on:

- Nutrition for healthy and resilient children
- Natural treatments for common illnesses\*
- How to know when natural treatments are appropriate and when to seek medical care

\* Coughs and colds, diarrhea, constipation, ear infections, allergies, asthma, eczema

**Suitable for:** mums with children from 2 to 10 years

**Duration:** 45 minutes plus 15 minutes for question time

#### About Simone:

Simone is a nutritionist and naturopath with a clinic in Gladesville. She has a special interest in treating women and children.

Simone is also a mum to 3 teenagers and has experienced for herself the powerful effect healthy eating has on children's growth, stamina, behaviour and resilience to colds and flu.

#### WHERE

**The Backyard at Briars  
Baby Brunch**

Briars Sports Club  
14 Ian Parade, Concord  
Phone: 9743 1907

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#### DATE

**Tuesday, 6<sup>th</sup> June 2017**

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#### TIME

**11.30 a.m. to 12.30 p.m.**

**Redefining the nature  
of health care**

**SIMONE JEFFRIES**

**NATUROPATH**

*B. Health Science (Nat)*

**Phone: 0404 855 335**