

Our Lady of Mercy Parent Support Group Presents

FOOD IN EDUCATION MATTERS:

*Nourishment for our Children's
Minds, Bodies, and Behaviors.*

Jeffrey Bruno, Ph.D.

DATE: January 12, 2010 **TIME:** 7 to 8:30 p.m.

LOCATION: Our Lady of Mercy School, 7 Elmwood Drive, Daly City, CA

This event is designed to provide parents with information on how to better nourish your children to improve brain function, mood, and behavior.

- Learn about the connection between what your child eats and how it may affect his or her learning, behavior, and mood.
- Understand the benefits that nutrition has with problems of learning and attention.
- Learn what you can do as a parent to make better dietary choices at home.

Jeffrey Bruno, Ph.D., is Director of the Child Assessment & Family Solution Clinics in Pacifica and Burlingame, CA. Dr. Bruno is an entertaining and skillful teacher of nutritional psychology. He has a master's of science degree in general experimental psychology and a doctorate in clinical psychology. Dr. Bruno lectures nationally on diet-behavior relationships and how nutrition influences the brain. (www.childwisdom.org)

✂✂✂ Clip and Return to OLM School, 7 Elmwood Drive Daly City, CA 94015, attn. Beth Gorman ✂✂✂
or call (650) 756-3395 ext. 31, or fax (650) 756-5872, or e-mail olmoffice@yahoo.com, Re: PSG - Bruno

A great event for Students and Parents. Please bring a dessert to share.
Church hall opens at 6:30 p.m. RSVP by January 8, 2010.

Name: _____ Number in your group: _____

Student Name: _____

School: _____ Homeroom: _____