



## EVENING LECTURE SERIES

Special Guest Speaker:  
Louise Kuo Habakus

## PARENTING FOR WELLNESS

Wednesday, October 21, 2009 at 6:30pm  
Colts Neck Reformed Church, State Road 537

Please join PROUD for  
an informative and timely look at  
nutritional and environmental perspectives  
on parenting and family wellness

We'll discuss the role of family values and "affluenza,"  
the New Normal of children's health, and how to take  
back parenting and start making our life health choices

Bring your questions about cold & flu season including  
prevention, vaccines, and immune system support

RSVP to [proudnews@gmail.com](mailto:proudnews@gmail.com)  
or 732-539-1168

Nancy Gualario and Sheila Hart