

15th October 2010

Family Day Care hosts non-toxic living seminar

Shoalhaven Family Day Care will host author of best selling book “Chemical Free Kids” Dr. Sarah Lantz who will speak on raising healthy children in a toxic environment.

Dr. Lantz, a university lecturer, researcher, writer and mother has a professional background in public health and mental health and specialises in the well being of children and young people.

Currently employed as a Research Fellow at the University of Queensland, Dr Lantz passionately believes in conscious, compassionate parenting and is committed to organic living.

The seminar that will be held at the Shoalhaven Entertainment Centre on Tuesday the 16th of November at 7pm will examine the following issues;

- What are chemicals?
- How do chemicals get into the human body?
- What makes a chemical toxic?
- Why are children particularly susceptible to chemicals?
- What are the health and behavioural impacts?
- How do we currently measure chemicals and determine their safety?
- What are the consumer assumptions we make?
- How do I identify harmful chemicals?

For a gold coin donation, the public can find out the hidden impact of chemicals in the environment on the health and well being of children and young adults.

The workshop will be useful to parents, carers, teachers and health practitioners.

Limited spaces are available so please contact the Shoalhaven Entertainment Centre on 1800 788 503 for bookings.

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