



# Integrative Solutions for Chronic Illness and Optimal Family Health

with **Helen Padarin,**  
Naturopath & Nutritionist

Join us each month to learn the latest in Nutritional and Integrative Healthcare for the whole family.

- **Learn about** special diets, supplements, and therapies from global health experts
- **Meet** local Integrative practitioners who can help guide you
- **Connect** with local families who can provide support
- **Discover** essential health products and services in your area
- **Be inspired** by cooking demos and sample nutrient-rich foods

## Get the **Answers** for:

ADHD, allergies, anxiety, asthma, autism, chronic fatigue, depression, digestive issues, infections, learning and language delay and a range of brain-immuno-gut conditions

And... Interactive Session

## Food Is Medicine

with Gillian Kozicki of **Cultured Artisans**

**Register at [mindd.org](http://mindd.org)**