



the lyons' share

Join Megan Lyons of The Lyons' Share Wellness
for a special PEC workshop...

Feeding Your Family Healthily (without spending hours in the kitchen)

Get helpful tips including:

- Most important nutrition changes to improve kids' health
- Whether or not to force kids to eat when they say they're not hungry
- How to deal with picky eaters
- How to spend less time in the kitchen, but still feed your family healthily
- Your nutrition questions answered!

• Wednesday,
January 14th, 2015

• 10:30am

• Armstrong
Elementary School

Who is Megan Lyons?

- **Health Coach providing nutrition education, motivation, and accountability to help clients feel their healthiest and happiest!**
- Highland Park High School graduate, 2003
- AB, Harvard University, 2007
- MBA, Kellogg School of Management (Northwestern), 2012
- Certified Holistic Health Practitioner, AADP
- Integrative Nutrition Health Coach, IAHC
- Certified Running Coach, RRCA
- Candidate, Masters in Holistic Nutrition, Hawthorn University



www.TheLyonsShare.org/Health-Coaching

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