

# URBAN ZEN



## FOOD SOLUTIONS

### MANAGING AUTISM, ADHD, ASTHMA AND ALLERGIES

MARCH 3, 2010 9AM - 4.30PM

URBAN ZEN CENTER AT THE STEPHAN WEISS STUDIO  
711 GREENWICH STREET AT CHARLES STREET NYC  
212.414.8520

Learn how you can meet the special dietary needs of children living with Autism, ADHD, Asthma and Allergies from experts Kenneth Bock, MD author of "Healing the New Childhood Epidemics," and Pediatrician Stephen Cowan, MD.

During this one day experiential workshop, you'll glean insights from experts working on the front lines of nutrition therapy and dietary management for children. Then, you'll get a taste of what the experts are really talking about through hands-on innovative food "labs" and cooking experiences that translate nutrition and dietary advice to the kitchen space and child's plate. You will leave with the knowledge and the practical tools to implement restorative dietary practices into your lifestyle and your children's.

This workshop is hosted by The Urban Zen Foundation, in conjunction with The Palette Fund and developed by Amanda Archibald, RD and Culinary Nutritionist, Stefanie Bryn Sacks, M.S.

The workshop will also feature a lunchtime presentation by renowned author and editor-at-large of Psychology Today Hara Estroff Marano.

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