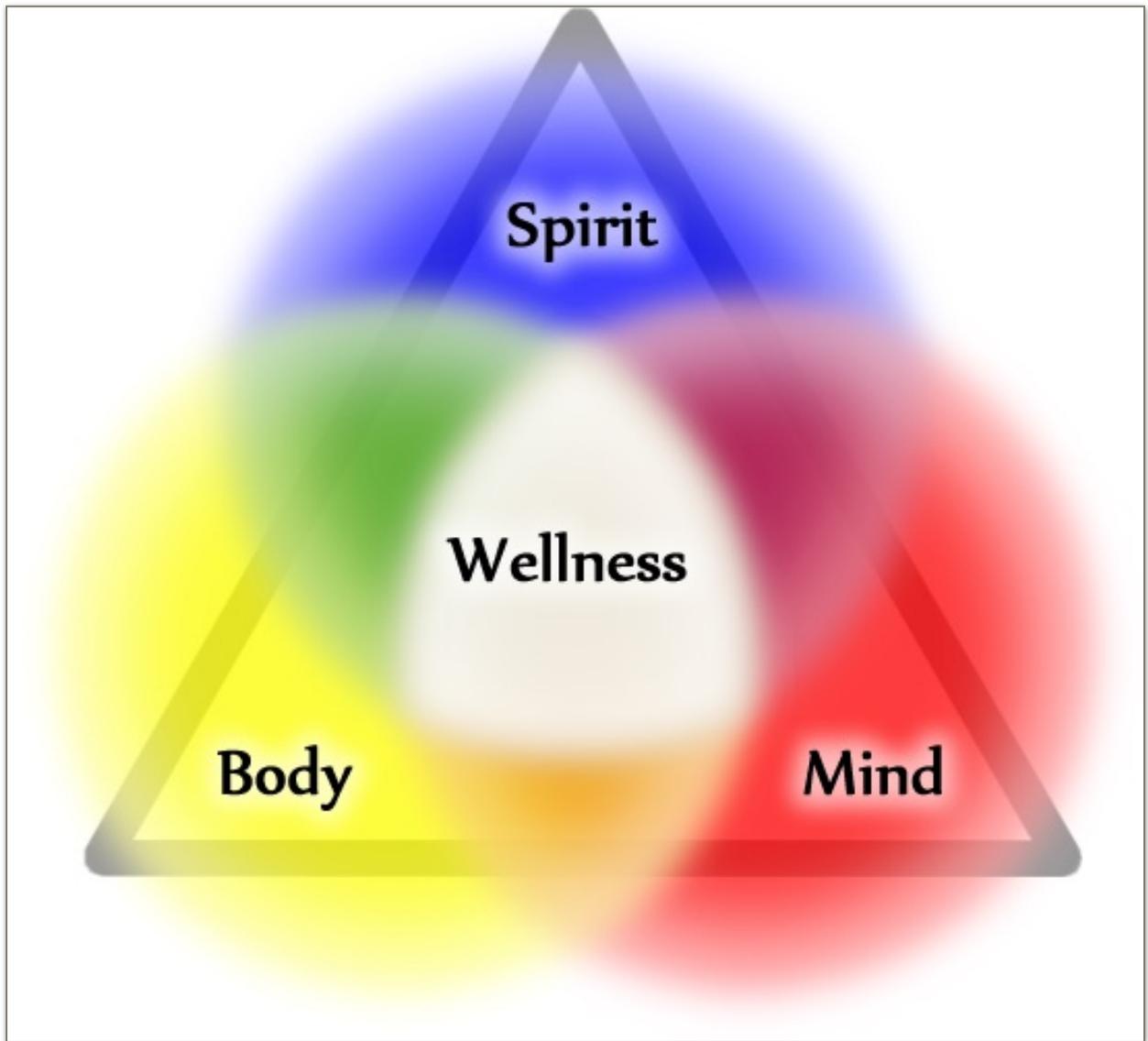


## Welcome Wellness ...



and all the other good things that come along with that!

Every child is entitled to the finest experiences, and every parent should know how to provide them. The better they are the better the next ones will become.

## Healthy and Happy

go together!

“**A sound mind in a sound body** is a short but full description of a happy state in the world.” ~ John Locke (1632 - 1704) -

Imagine, a **philosopher** from the 1600's said these famous words over 300 years ago, and they still live on today. Not only that, they have become the **foundation** for everything we know about parenting and taking care of children.

## Today's New Twist!

### “The Spirit”

The **body** is an incredibly complicated “machine” with trillions of parts—cells, tissues, organs, muscles and systems that all work together to keep it healthy, and the **mind** is just as complex with an intricate brain and nervous system. Thoughts and feelings are astounding! When taken together and cared for in the exact right ways, there is an amazing **spirit** that keeps emerging, and that is the third and glorious part of excellent health.

Parents have the honor and privilege to oversee the whole process for each one of their very special and unique children, and then little-by-little turn over the reins. Then

in time their precious little ones take over as independent people who know full well how to carry their own ball.

The idea is for every child to be born into the world with perfect health, and believe it or not, without extenuating circumstances, that is almost exactly what really happens.

Then, the next part is for every parent to know how to guide, support and protect his or her child to preserve that health. With important skills, we can lead a child through healthy living in a way that will keep disease away. When healthy, our bodies are at ease; when sick they are in a state of (dis)ease.

Learn how to teach your child about **Body** care in these four areas:

BREATH   MOVING   FOOD   SLEEP

Start instilling a positive **Mindset!!**

Enjoy watching the **Spirit** come alive!



Find out more specifics on **Zoom** with Dr. Sally.  
Sign up for new classes anytime.

**WELLNESS, PARENTING, AND YOU! (CHOICE OF 2 TIMES)**

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