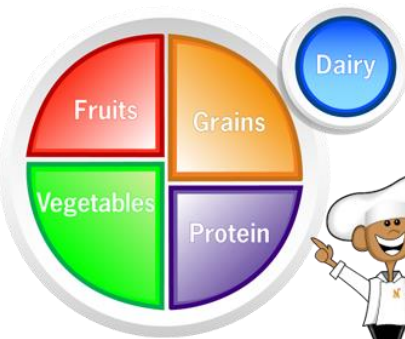


INDIANA HORIZON ACADEMY  
Invites you to the

# Nutritional Balance for Our Children



TALK FOR MOMS

*By Faiza Kalam*

**December 19<sup>th</sup>, 2018**  
**1:00pm**



Faiza Kalam MSc. is a nutritionist and the owner of Livewyd LLC, a nutrition counseling and wellness practice.

Faiza's expertise is in weight management and nutrition counseling. She leads the Nutrition and Wellness program at Family Medicine of Merrillville. Faiza is working on her PhD at the University of Illinois at Chicago (UIC) focusing on fasting and obesity research.

***Baby-sitting is available***  
***Light refreshments will be served.***

Live.Life.Healthy

