

BIRMINGHAM COMMUNITY EDUCATION

Dr. Sears

L.E.A.N. START PROGRAM

For Parents and Caregivers —

Help your kids be healthier and stronger!

This workshop is taught exclusively by Certified L.E.A.N. Coach,
Deedee Anglum.



Dr. Sears L.E.A.N. Start Program

For Parents and Caregivers — Help your kids be healthier & stronger by attending this highly interactive class, and learn fun and practical ways to bring good nutrition into your home. A Certified L.E.A.N. Coach will show you creative techniques that will help you introduce new and healthy foods into your family's meals. Sample a new recipe each week, and see how to easily incorporate traffic light eating into your lives whether you eat at home or on the run. Learn what is behind all the media hype on fresh fruits and veggies, and learn the hidden secrets food manufactures don't want you to know. Price includes an easy to comprehend L.E.A.N Start Parent's Guide and L.E.A.N Start Activity Book to take home and introduce concepts learned in class to their children.

TOPICS INCLUDE:

- **Traffic Light Eating** • **Brainy Breakfasts & Grains** • **Veggies & Fruit**
- **The Skinny on Fat** • **Power Up with Protein & Play** • **Water Your Growing Child**

Instructor: Deedee Anglum

Dates: Fridays - April 30, May 7 and May 14, 2010

Time: 1:00-3:00 p.m.

Room: Midvale Center, 2121 Midvale Road, Birmingham, MI 48009

Tuition: \$80 for BPS residents / \$85 for non-residents

(Tuition includes the L.E.A.N. Start Parent's Guide and L.E.A.N. Start Activity Book.)

L.E.A.N. Start Program • April 30-May 14, 2010 • REGISTRATION FORM

Payment by cash, check or VISA/MC. All checks should be payable to: **Birmingham Public Schools.**
Phone, fax and online registrations by credit card only. Mail: 2436 W. Lincoln, F101, Birmingham, MI 48009
Phone: 248-203-3800 • Fax: 248-203-3818 • www.communityed.net

Last Name _____ First Name _____

Address _____ City _____ Zip _____

E-mail address _____ Phone (Home) _____ Phone (Cell/Work) _____

Student Information: BPS Resident Nonresident

PAYMENT INFORMATION: Full payment due at registration. No refunds once class has started. Refund requests must be made directly to Birmingham Community Education THREE (3) days prior to the beginning of class. A \$10 processing fee will be retained. The cost of materials cannot be refunded. There will be a \$25 fee for all returned checks.

Amount Enclosed: _____

_____ Check enclosed (payable to "Birmingham Public Schools")

_____ Visa/MasterCard

Cardholder's Name _____

Account Number: _____ Expiration Date: _____

Cardholder's Signature: _____

HOW TO REGISTER:

Online:
www.communityed.net

Phone:
248-203-3800

Fax:
248-203-3818

In person or by mail:
2436 W. Lincoln, Suite F101
Birmingham, MI 48009

It is the policy of the Birmingham School District that no person shall, on the basis of sex, race, color, creed, age, marital status, sexual orientation, national origin, weight, height, or handicap be excluded from participation in, be denied the benefits of, or be subject to discrimination in employment or any of its programs or activities.