

## NOURISHING YOURSELF AFTER BABY

Have you recently had a baby or have kids and feel worn-down, tired, lifeless? Do you spend all your energy filling and nourishing your children, but feel you have let your own well-being slip to the side? Come revitalize and rebuild your well-being. When you take care of yourself, you have more to give to your little ones. Learn about:

- Foods that fill you and sustain your energy.
- What supplements do you really need?
- How do certain health conditions like postpartum depression, tooth decay, and poor eyesight relate to our personal nourishment after pregnancy?
- How to rebuild your depleted nutrient stores.
- Learn about which foods are the most nutritious to eat and how to prepare foods for maximum absorption.
- Taste some Nourishing Creations!

**WHEN:** Saturday, April 24, 2010  
To register email: [sharonb51@hotmail.com](mailto:sharonb51@hotmail.com)

**TIME:** 10:00 a.m. – noon

**LOCATION:** Glen Burnie LDS Church  
409 5th Ave SE  
Glen Burnie, MD 21061

**COST:** Suggested \$25 donation



**Presented by Elizabeth Grange, BS**  
Health Promotion Specialist  
Real Food and Nutrition Educator  
Specializing in Mother and Baby-Toddler Health  
Nourishing Creations Chef - [www.nourishingcreations.com](http://www.nourishingcreations.com)

Elizabeth received her degrees from the University of Utah in Health Promotion Education and Nutrition. She has since pursued her education focusing on healing through a nutrient dense diet. Elizabeth is the mother to her two-year old daughter, Jade. She has her own custom cake and food business, Nourishing Creations. Email Elizabeth at [nourishingcakes@gmail.com](mailto:nourishingcakes@gmail.com).