



Proudly brought to  
you by  
Kwanda Kinetics  
Centre



**Kwanda  
Kinetics**

# CHILDHOOD NUTRITION WORKSHOP

## BOOK NOW!

Place: Breakthru Life, JHB  
Time: 8:00 - 13:00  
Date: Saturday, 6 April 2019  
Presenter: Madelein Helm, Nutritionist

- \* Early bird (before 15 March) R525 pp
- \* Individual (after 15 March) R595 pp
- \* Group fee (4 persons) R485 pp

To register:  
[marene@kwandakinetics.co.za](mailto:marene@kwandakinetics.co.za)  
079 528 5076

Tuckshop  
Lunchbox,  
School menu

Solids  
&  
Speech

Milk bottles  
&  
Toddlers

Dyspraxia

Gut-  
Brain  
Connection

Smart  
Food

# TOPICS

Nutritional  
Deficiency

Nutritional  
Deficiency

IQ  
&  
Supplements

Attention

ADHD  
Autism  
Allergies

Checklists

## About the speaker

As a nutritional and lifestyle consultant, Madaleine is dedicated and passionate about improving the health and well-being of individuals. Madaleine started in the nutrition field in 1998. It has been her passion to become a beacon of health to her community and to those around her. In the process she opened the Live Well Nutrition Centre to reach out to people all over the world. As a seasoned speaker, hosting women's days, seminars and workshops, as well as being interviewed on radio shows and writing for Health Magazines, Madaleine's passion is to educate women in taking responsibility for their family's health and to help them raise healthy, thriving children.