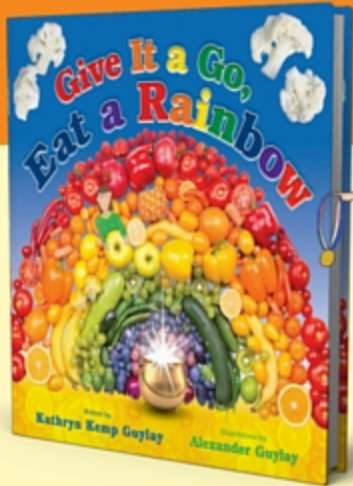


RAINBOW DAY - A FAMILY FRIENDLY EVENT

Wednesday, July 27th from 4-5pm
FOOD - FUN - FAMILY



In partnership with the Community Library, Kathryn Kemp Guylay and her 13-year old son (Illustrator Alex Guylay) will provide an interactive wellness event for the entire family.

Kathryn is a nutritionist, wellness expert, media personality, best-selling and award winning author, & founder of non-profit Nurture. Alex is an award winning illustrator providing peer-to-peer messaging!

Top reasons to attend:

- * Learn how to create healthy eating through fun and games
- * Create a color-by-color plate: delicious fruits and veggies!
- * Gain tips to get kids to try new healthy foods
- * Use "energy" as the currency to motivate kids
- * Learn nutrition secrets from Olympians
(hint- eat a rainbow!)
- * Take home your own "Flat Blake" --the new Flat Stanley-- providing healthy eating inspiration for days, weeks and months to come



THE  COMMUNITY
LIBRARY

See you there for an experience in peer-to-peer messaging and a fun, magical journey that kids and adults will love.

415 Spruce Avenue, N
Ketchum, ID 83340