



# How to Nurture Healthy Eaters

A discussion with parents AND their children by Sun Valley based nutrition expert and bestselling author, Kathryn Kemp Guylay

6-7 pm, June 24, 2016

Hidden Springs Elementary, Conference Room 213

Kathryn Kemp Guylay is a certified nutritional counselor with a master's degree in business and a successful career as a management consultant. She is the founder of the national nonprofit organization Nurture, which provides wellness education to tens of thousands of children and parents across the country. Kemp Guylay is a speaker to various organizations, including nonprofits and corporations. She hosts her own radio show, Healthy Kids Corner, on KDPI 88.5 FM. Kathryn is the bestselling author of **Mountain Mantras** and the soon to be released nutrition book **Give it a Go, Eat a Rainbow**.

This is a FREE event

RSVP by June 17 to Adam Cuneo at [adamcuneo@hotmail.com](mailto:adamcuneo@hotmail.com)