



## SPEAKER SERIES

# BROWN MEMORIAL SCHOOL AND CHURCH HEALTHY AND SUSTAINABLE LIVING

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### JANUARY 26, 2017 -DAWN M. BRAUN, GSC HEALTHY SLEEP HABITS



It is a known fact that babies and children need the proper quality and quantity of sleep to pursue their full cognitive, emotional and physical development. But what many fail to realize is that healthy sleep habits are actually a learned skill, just like walking, talking and riding a bike. Let Dawn empower you with the skills to coach your child to independently and peacefully go to sleep and stay asleep.

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### FEBRUARY 23, 2017 –ANGELA J. HANSCOM AUTHOR OF *BALANCED AND BAREFOOT*



Angela is an occupational therapist and founder of TimberNook. In her book, she shows how outdoor play and unstructured freedom of movement are vital for children's cognitive development, and offers tons of fun, engaging ways to help ensure that kids grow into healthy, balanced and resilient adults.

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### MARCH 23, 2017 –MCKAY JENKINS AUTHOR OF *FOOD FIGHT: GMO'S AND THE FUTURE OF THE AMERICAN DIET AND CONTAMINATION*



McKay is an environmental journalist and professor at the University of Delaware. His most recent book, *Food Fight*, is a comprehensive, nuanced examination of the state of our food system and a much-needed guide for consumers to help them make more informed choices.

All three events will be held at **7PM** at Brown Memorial Weekday School:  
6200 North Charles Street Baltimore, MD 21212

For more information and RSVP visit: [www.brownmemorialweekdayschool.com](http://www.brownmemorialweekdayschool.com)