



Does Your Family ‘Tune You Out?’ Feeling Frustrated and Guilty as a Mom?

How to STOP being ‘Tuned Out’ by Your Family and Create More Time for You!

The Family Health Education that NO ONE Else is Teaching!

At this seminar, you will discover:

- That you are not alone and see how REAL healing is possible for your child
- How YOUR personality may actually FUEL the challenge (Yikes!)
- Action focus exercises to clarify your direction
- Testimonials from other parents that rave about benefits they have received
- A powerful resource of training tools to help your child heal, destress your life and laugh a lot more in these precious years with your kids

Join Integrative Nutrition Health Coach Amanda Hinman for a FREE training!

When: April 17, 2017

Time: 7:00 – 8:30PM

Where: Sundling Junior High – 1100 N. Smith Street, Palatine

*** Spanish Translation will be available ***

About Amanda Hinman and Hinman Holistic Health Institute: Family Health Expert and National Speaker, Amanda used to feel frustrated, overwhelmed and guilty as a mom – she’s been in your shoes. Now, she’s supported hundreds of moms with her proven process to transform from FRUSTRATED and OVERWHELMED to confident and empowered moms with the tools and strategies to solve the stress, and start to ENJOY their most important job: Raising a Vibrant Child!

Visit www.hinmans.com to learn more.



SPARK programs can also be found on the District 15 website: www.ccsd15.net.

If you would like to be contacted by or connected with SPARK, contact Sarah Winter (sarahwintertj@comcast.net)

*SPARK is a Northwest Suburban Council of PTA committee serving families of children
with special needs in Community Consolidated School District 15 and beyond.*

SPARK is proud to be in partnership with PTA!