



# ADD, ADHD, PDD-NOS & AUTISM

## Hands on Workshop

### Diet, Digestion & Sensory Integration

*Workshop to follow the 2pm-4pm Omaha Health & Wellness Expo Lecture*

Instructed by Kristin Selby Gonzalez, Dir. of Autism Education, Enzymedica

When: Saturday, April 24, 2010

Where: Omaha Civic Auditorium

17<sup>th</sup> St & Capital Ave

Time: 5pm-7pm

Cost: \$20

*Proceeds will go to the non-profit Autism Hope Alliance which helps families TODAY*

- Learn about:
  - Gluten Free/Casein Free
  - Specific Carbohydrate Diet
  - Body Ecology Diet
- Hands on Workshop make your own Gluten Free/Casein Free play-dough
- Learn about how enzymes assist with digestion
- Learn how diet and digestion impacts:
  - mood, focus and behaviors
- Learn tips and tricks on how to shop in a health food store
  - reading labels
- Hear about Sensory Strategies Tools (for your tool belt)
  - The Alert Program®, Son-Rise Program®, Handle®, The Listening Program® and the Wilbarger Protocol®

Call or Visit for more Info at No Name Nutrition Locations:

2032 N 72<sup>nd</sup> St- (402) 393-5812

14469 W. Center Road- (402) 333-1300

