



# Create Energizing Breakfasts Smoothies & Beyond

***Healthier Breakfast Ideas for the Busy Parent!***

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## **Create a Breakfast for Success!**

*Rushing each morning can lead to those quick  
sugary breakfast options that leave everyone feeling scattered*

***With just a little planning...***

*You'll discover ingredients to deliciously quick start your mornings in the New Year!*

*With energy packed breakfast ideas*

*To begin the day...*

*Feeling focused, energized, and ready to work or learn!*

## **Join us for a breakfast workshop on January 28<sup>th</sup>**

with Lynne Young, CHC in collaboration with the Clinic for Special Children.  
Learn, taste, & take home recipe ideas to quick start your mornings for success!

*\*\*Includes Gluten & Dairy Free Options*

## Workshop Details

Date: Saturday, January 28th

Time: 10:00 – 11:30AM

Cost: \$20

To register: 910-319-7744 (Clinic for Special Children)

**\*Pre-registration is required as seating is very limited**

(Please note: Any cancellation requests made prior to Jan 24<sup>th</sup>, will be refunded in full, however, due to food/prep, no refunds will be honored for cancellations made Jan 24<sup>th</sup> or later)

Location: Living Young Wellness - Hampstead, NC

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