

# How to raise a healthy drug free family!!

Starting with pregnancy through early adulthood

Wednesday September 29th  
11:15 AM

- Do you know the **important** things you should do **before** and **while you are pregnant?**
- What **can** or **can't** I **eat while pregnant?**
- How long should I breastfeed?
- **VACCINATIONS??** Alternative schedule, all or none??
- Does your baby have **colic?**
- If my child is a **picky eater**, how can I make sure they are getting the **right nutrients?**

If you have asked yourself these questions and you want your family to truly live the wellness lifestyle, you **MUST** come to this workshop!!

## Discover at the workshop, How To:

- Protect against SIDS!
- Raise a drug free healthy family
- Beat new baby blues
- Find out what your pre-natal vitamin is missing
- A proven natural solution for ear infections



*Presented by:* Dr. Sharon Shields  
Advanced Chiropractic  
35 Jackson Street  
Newnan, GA 30263

Seating is limited, so call TODAY.  
Children Welcome

(770)253-5040

