

The Community School Councils for St. Andrew's, St. John Bosco
and George Vanier Catholic Schools invite you to a

PARENT INSPIRATION NIGHT

With Inspirational/Wellness Speaker

**Janet
Podleski**

**#1 National Bestselling
Cookbook Author,**

**Looneyspoons
Crazy Plates
Eat, Shrink & Be Merry!
The Looneyspoons Collection**



TV Host, Food Network Canada's ~ Eat, Shrink & Be Merry!

Join #1 national bestselling cookbook author, Food Network TV personality and Registered Holistic Nutritionist, Janet Podleski, for a heaping serving of inspiration, information, belly laughs and her most effective, cutting-edge strategies and tips to create your healthiest body. Learn how to EAT instead of how to diet.

Win the No-Belly Prize! Learn and laugh your way to good health!



**Wednesday, May 6, 2015
St. John Bosco School
99 Peter Street, Barry's Bay
7:00 p.m. — 8:30 p.m.**

Sponsored by the Province of Ontario Parents Reaching Out Grants and the Catholic School Councils for George Vanier, St. John Bosco and St. Andrew's Catholic Schools