



# FAMILY FUN AND WELLNESS PICNIC

**HOSTED BY:** The Whole Child Network

**WHERE:** Heart Lake Conservation Area  
10818 Heart Lake Road  
Brampton, M3N 1S8

**Picnic Area: Lakemount 3**

**WHEN:** Saturday, July 24th, 2010 11:00am-4:00pm  
RAIN OR SHINE

**Cost:** FREE! (Admission to the Conservation Area is \$6.50 for those 16 and older, \$5.00 for seniors 60+, and no charge for children under 16)

Take part in an experience which nurtures children and the child in all of us!!!!!!!

**Pack a picnic; bring your family and friends for a day full of:**

- Jumpy Castle & Face Painting offered by Jellybeenz
- Live Music Performances & Singalong with Mr. Jim, the Music Man
- Hands-on Science Experiments
- Yoga Breathing Exercises
- Sprouting Demonstrations
- Making Your Own Musical Instruments, Dance and much more.

**Whole Child Network Panel to share ideas on:**

- Nutrition, Green Living, Kid's Coaching, Holistic Education, Parenting

## MISSION STATEMENT:

The Whole Child Network is a non-profit organization whose goal is to provide a resource support network connecting parents, caregivers, educational & health professionals & all other stakeholders interested in supporting the wellbeing of "sensitive" young people, ie. children & youths who experience a heightened response from their physical, mental, emotional or spiritual environments.

For more information please visit our website at [www.wholechildnetwork.com](http://www.wholechildnetwork.com) and join our community at [www.meetup.com/whole-child-network](http://www.meetup.com/whole-child-network)