

## **Alternative Health Solutions for Happy Families**

**Dr. Julie Tran, ND, LAc, CNS - Lead Practitioner, Pharmaca  
Mariana Friedman, Certified Nutritional Consultant, Pharmaca**

***Hear about natural approaches to your family's health and well-being***

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**Thursday, November 15<sup>th</sup>**

7:00pm – 9:00pm

Fisher Middle School Library

For Parents of Grades K - 8

***~Admission is free~***

Learn about alternatives to common medical issues including:

- Hyperactive children/ concentration problems
- Kids health, coughs and colds
- First Aid
- Allergies and Asthma
- Supporting a healthy growing body

Dr. Julie Tran is a Naturopath, Licensed Acupuncturist, and Nutritionist. She is the Lead Practitioner at Pharmaca in Los Gatos.

Mariana Friedman is a Certified Nutritional Consultant at Pharmaca in Los Gatos.

**The Parenting Continuum** is a community alliance whose mission is to share valuable information that supports The parenting of K – 12 students by providing resources to parents through parent education; empowering them to Nurture the whole child and the whole family. This partnership consists of the LGUSD and LGHS Parent Education Councils, CASSY, and CASA.

For current programs, updates, and resources on parenting, please visit:

[www.parentingcontinuum.org](http://www.parentingcontinuum.org)

<https://www.facebook.com/parentingcontinuum>