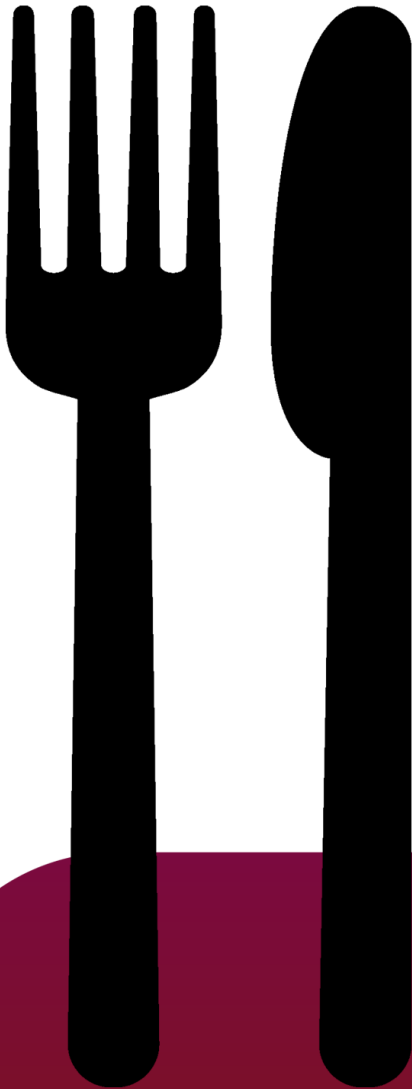


Eat, Sleep, Repeat:

Practical Advice for Managing the Essentials



Lisa Shives, M.D.

Founder, Northshore Sleep Medicine

Carol Wagner, M.A., M.Sc.

Founder, Dimensions in Health, Inc.

Tuesday, Feb. 15, 2011

7:00 PM

New Trier High School/Northfield Campus

Cornog Auditorium

7 Happ Rd., Northfield

Info: FAN-NTTS.ORG

Presented by FAN, in partnership with:

Sunset Ridge SD 29; Sunset Ridge PTO; Northfield Park District; Family Service of Glencoe; Family Service of Wilmette, Glenview, Northbrook and Kenilworth; and Family Service of Winnetka-Northfield.

FAN's 2010-11 Exclusive Partners:

NorthShore University HealthSystem Foundation;
Quintessential New Trier; and The Book Stall at Chestnut Court



FOR IMMEDIATE RELEASE

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Tuesday, February 15, Eat, Sleep, Repeat: Practical Advice for Managing The Essentials, 7:00-9:00 PM, New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. Eating and sleeping are essential to human survival; yet more than 100 million Americans regularly fail to get a good night’s sleep, and poor nutrition contributes to aggression, depression and poor school performance in students. With over 84 disorders of sleeping and waking, sleep can be a particular challenge from infancy through adolescence, causing a host of behavior, learning or psychiatric problems. Making good food choices requires finding a balance that works for each individual, but with all the time pressures of contemporary family schedules, it can seem impossible to accomplish. For this special program, we will re-examine these “basics” with two top experts: **Lisa Shives, M.D.**, founder of **Northshore Sleep Medicine**, is an official spokesperson for the **American Academy of Sleep Medicine**, and writes a weekly blog called “Get Some Sleep” for **CNN Health**. **Carol Wagner, M.A., M.Sc.**, is a nationally recognized holistic nutrition consultant, practitioner and educator, and the founder of **Dimensions in Health, Inc.**, a company dedicated to helping children and adults improve the quality of their lives by changing the way they eat. Dr. Shives and Ms. Wagner will each present an overview of current trends in their work with children and adolescents, and offer tips to enhance the nutrition and sleep habits of your family. We’ll close with an extended question-and-answer session of both speakers. Come join us for a great evening of myth-busting, fact-checking, and free advice – you’ll sleep better for it! Parents of children of all ages warmly welcome, K-12. Sponsored by the **Family Awareness Network of New Trier Township (FAN)**, in a broad partnership with **Sunset Ridge SD 29; Sunset Ridge PTO; Northfield Park District; Family Service of Glencoe; Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth; and Family Service of Winnetka-Northfield.** FAN is grateful for its 2010-11 exclusive partnerships with **NorthShore University HealthSystem Foundation; Quintessential New Trier** magazine; and **The Book Stall at Chestnut Court**. CPDUs for education professionals. For more information, visit www.fan-ntts.org, or contact any of the partnering organizations.

