

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

L.E.A.N Start - Lifestyle, Exercise, Attitude, Nutrition

A comprehensive prevention plan to help children reach their optimal level in four pillars of health. The LEAN start program is based upon scientific research and designed by Dr. William Sears, "America's pediatrician" as well as other experts in the field of children's nutrition, health and fitness. These four areas work together to make families healthier - at any age and any stage of life.

Approved for 6 Hours of Foster Parent Credit

About the Trainer:

Christine Trochesset

Christine Trochesset is a foster/adoptive parent of three highly special needs little people, and struggled to learn how to best help them. After three years of many tears and LOTS of nutrition research, she discovered a few easy and simple things about nutrition, which have helped the whole family enormously but dramatically helped her little people. Christine regularly attends conferences every spring and fall, and uses the Dr. Sears 9 simple steps program, and Nutrition Detectives. Christine is passionate about family nutrition and loves sharing what works for her family, and helping little, and big, people feel better.



HOW TO REGISTER FOR THIS CLASS

REGISTER VIA PHONE

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

REGISTER ON OUR WEBSITE

To sign-up for a class through our website, complete our online registration form: www.ifapa.org/training/training_registration_form.asp. IFAPA will follow-up within two business days to confirm your enrollment in the class.

