

September 12-13, 2009

New Jersey's First Green Children's Health Expo

Saving Our Kids, Healing Our Planet



Topics and Special Features

Topics:

- Affordable Ways to Reduce Exposure to Toxins and Green our Homes and Schools
- The Roles the Environment and Nutrition Play in Children's Health, Mood, Behavior and Academic Performance
- Special Courses offered for Medical and Nursing Students and Other Healthcare Providers on Preventative Pediatrics and Holistic Care of Children
- A Discussion of Vaccines, by New Jersey's First Green Pediatrician
- Physicians Discuss Prevention As Well As Natural Methods for Treating Symptoms Associated with Asthma, Allergies, Obesity, Autism, ADHD, Childhood Cancers etc.
- Ways To Feed Your Family Healthy Food at Affordable Prices
- A Pediatrician Discusses What To Do When Your Child Shows Signs of Illness
- Balancing Conventional and Holistic Options for Children's Health Care.
- Holistic Parenting
- Green Building: Why and How to Do It Affordably
- Community and Home Gardening Projects
- An Overview of the Greening of Newark

Special Features:

- **Exhibits – SOKHOP** showcases dozens of wonderful green exhibits. Here you'll find a multitude of credible companies, labs, and services that provide healthy solutions for the growing physical, mental and behavioral problems that confront families, schools and pediatricians today. Don't miss this chance to learn about many of Newark's Green Initiatives. There will be green builders, water & air purification products, alternative energy displays, organic gardeners and landscapers, health practitioners, healthy household products, organic foods, organic clothing, vitamins, herbal products, juicers and an interactive eco-art mural that the kids create! Experience a free chair massage, and enjoy free samples of organic coffee and food. Cash lunch available.
- **Lectures and Presentations** – In a quiet classroom-type setting you can learn from sought after speakers including pediatricians, award winning environmentalists, authors and nutritionists as they discuss ways to improve the health and behavior of our children by addressing the underlying conditions that cause symptoms. **Seating is limited...register and select your sessions before they fill up.**
- **For the Kids** – Although parents are asked not to bring young children into the lectures, (so please bring another adult to supervise your child while you attend the lectures), there will interactive games, kid's yoga sessions a chance for them to taste some healthy snacks, live music, an interactive eco-art mural that the kids will help create and a chance to just have fun while learning about their health and the importance of protecting the earth.