



How to Raise Happy and Healthy College-Bound Students

Guest Speakers

- Carol Satterlee - Founder of On The Edge of Coaching
- Lisa Fairchild - Founder of On The Edge of Coaching
- Sara Tang (賴宇凡) - Certified Nutritional Therapy Practitioner

Topics

- Managing the Stress of the College Application Process
- How Can Parents Support Children with Positive Communication
- Why Food Can Actually Affect Mood
- How to Eat Right for Competitiveness
- Questions and Answers

Date: **Thursday, October 2, 2014**

Time: **7:00 – 9:00 PM**

Place: **Quinlan Community Center**

10185 N. Stelling Road
Cupertino, CA 95014

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**Asian American
Parent Association**

<http://www.aapa.net>

Contact: Shelly Cen (408) 646-1671

Free Admission - Parents, students and community members are welcome!