

# Autism South West

## Parent & Carer Network

The meeting is open to any parent or carer.



**Florence Neville**  
Health & Nutrition Coach  
**'Sugar, Stress & the Spectrum'**

**4:00pm – 6:00pm on Friday 6 July 2018**

**Room F1, South Gloucestershire Council Offices, Broad Lane, Yate BS37 7PN**

**Meet** other parents who have a child with autism

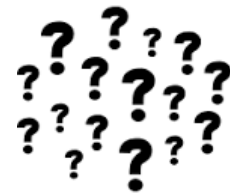
**Ask** questions about autism.

**Find** support and advice from autism specialists.

**Learn** how diet and nutrition affect stress levels

**Receive** a free resource to take away.

**Enjoy** light refreshments.



For further information and to book a place, please email [Yvonne.Luff@southglos.gov.uk](mailto:Yvonne.Luff@southglos.gov.uk) or telephone 01454 868348.

Please email to let me know that you are attending or ring the number above.

**£10 per parent or £15 per family** (cheques or cash on the day)

Follow **@autismsouthwest** for autism advice and information.