

# Parent Tea Talk

**Nutrition (LUNCH INCLUDED)**

**Thursday, December 10, 2009**

12noon to 1:30pm in the 3e Parent Lounge



3e has a full service kitchen on site so that we are able to serve hot, freshly prepared meals to children and staff. **Join us for lunch** to sample a typical meal. Our (and many international school's) caterer, Eurest Services, will be available to answer questions.



Additionally, Olivia Lee is a Singaporean mom with an MSc in Nutrition from the US and counseling certification from Singapore. Prior to embarking on motherhood, she worked in Beijing for a US-based nutritional supplement firm in health supplement design. She now helps expat families learn to cope with the nutritional challenges of living in China through one-on-one nutritional coaching. Olivia also provides newcomers with supermarket familiarization tours, nutrition coaching for *ayis* and is *beijingkids* Ms Nutrition columnist.

Olivia Lee, MSc

As lunch will be provided **please RSVP** to Victoria  
at 6437-3344 or [Victoria@3eik.com](mailto:Victoria@3eik.com)

**3e International**