



ChildCareResources

# CCR's 2017 FALL CONFERENCE: The Great Escape Through Health and Humor

**SEPTEMBER 9, 2017**

**Cost: \$25**

9AM-12PM: Cathy Breedon

1PM-4PM: Jason Kotecki



## JASON KOTECKI

An artist who speaks. Really, really well!

He is an expert at helping people "Escape Adulthood," in order to restore balance and beat burnout by breaking rules that don't exist.

## Dr. CATHY BREEDON

Perinatal/Pediatric & Clinical Metabolic  
Nutrition Specialist

**Hot Topics in Nutrition-** Who thought nutrition could be entertaining? Laugh and learn about self-care and avoiding burnout with important new information.



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