



Ruth Fellowes is our contact in Toongabbie, NSW.

Ruth is a Clinical Nutritionist with a special interest in children's needs who also uses the MOVE TO LEARN program to help children with learning and behavioural challenges. This means families have the option of including nutritional care in their MOVE TO LEARN home program.

Ruth is also an Additive Alert representative and is able to educate and give presentations on the effects that food additives have on our children's health.

Teachers wanting to know more about how to use MOVE TO LEARN in the classroom are welcome to call for support and advice.

Workshops can also be arranged for schools and groups interested in learning more about MOVE TO LEARN and how to use the sequences.