

HEALTHY LIVING  
HEALTHY PLANET

feel good  
live simply  
laugh more

# natural awakenings



**CALMING**  
Anxious Lives

A Holistic Parenting Approach

**CHILDREN'S**  
HEALTH ISSUE

connecting  
**KIDS**  
to Community

AUGUST 2009 Atlanta Edition | [www.atlanta.naturalawakeningsmag.com](http://www.atlanta.naturalawakeningsmag.com) FREE