

# Raising a Happy, Healthy Eater

Do you have small children who are picky eaters?  
Are you wondering what healthy eating means for young children?  
Do you want to help your child develop good eating habits for life?

**Tuesday April 23<sup>rd</sup>, 2019**  
**5:00PM-6:30PM**

***Join our dietitian for this 1.5 hour workshop to learn:***

- Nutrition recommendations for toddlers and young children
- How to manage and prevent picky eating habits
- Avoiding meal time battles
- Supporting children to grow up to be healthy, happy, and adventurous eaters!

60 Gillingham Drive, Suite 200  
Brampton, ON  
L6V 4H6  
**Call 905-456-7111 to register!**

*No referrals necessary. Open to the community.*  
*Only for parents/guardians*

