



RAISING A HAPPY HEALTHY EATER

Join this educational virtual workshop facilitated by a Registered Dietitian (RD) with Central Brampton Family Health Team. You will learn about child nutrition and tips to help set healthy eating habits for your toddler. This session will explore mealtime do's and don'ts, picky eating, and practical ways to help encourage your child to try new foods.



November 24th, 2021



Virtually Through GoTo Meeting



12:45PM - 1:45PM

Should you have any questions or inquiries, please email:

earlyon@cdrpc.com

**CLICK HERE TO
PRE-REGISTER**

