





For a copy of this poster, visit www.fhhr.ca/CommunityPrograms.htm

Helping Children Be Good Eaters

Strategies for parents and caregivers that have common concerns with feeding, growth and nutrition

What will we talk about?

- Common mealtime challenges
- Why they occur
- Healthy mealtime practices
- Managing mealtime behaviors
- Nutrition for children
- Goal setting

When & Where?

Wednesday, April 26, 2017 6:30 - 8:30 pm

Available at the Katherine Klassen Education Centre, Dr. F.H. Wigmore Regional Hospital in Moose Jaw

or one of the following rural Telehealth Sites: **Central Butte**

Gravelbourg Rockglen

To register call Public Health @ 306-691-1553

Delivered by:

Melanie Warken, RD, Public Health Dietitian Amy Cruz, BSW, RSW, Mental Health and Addictions



6:30-8:30 pm call to register 306-691-1553	Helping Children Be Good Ear April 26, 2017	call to register 306-691-1553
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3:30-8:30 pm

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