



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*



For a copy of this poster, visit  
[www.fhhr.ca/CommunityPrograms.htm](http://www.fhhr.ca/CommunityPrograms.htm)

# Helping Children Be Good Eaters

**Strategies for parents and caregivers**

## ***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, November 29, 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:

**Assiniboia  
Central Butte  
Gravelbourg  
Rockglen**

**To register call Public Health @  
306-691-1527**

Delivered by:

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



