

Raising a Healthy Happy Eater

Tips for parents and caregivers of young children

- Do you have a child who is a 'picky eater'?
- Are there often battles with what and how much your child should eat?
- Do you cook different foods just so your child will eat?

If so, please join us to learn strategies!

This is a free event and childcare will be provided!



When?

Tuesday, March 19, 2019
10:00-11:30 a.m.

Where?

Basement of The Cultural Centre
133 5th Avenue East
Gravelbourg, SK

Presented By:
Amy Cruz, Social Worker & Melanie Warken, Dietitian
Community Health Services, Moose Jaw & Area