

Raising a Healthy Eater



- ➔ Are you calling your child a picky eater?
- ➔ Are mealtimes a struggle?
- ➔ Do you find your child's appetite changes from one day to the next?

If you answered yes to any of these questions, you may be interested in attending this class being offered by WRHA Public Health Dietitian, Rosemary Szabadka

Who:	Parents with children (18 months to 5 years)
When:	<u>Wednesday, October 12th, 2016</u>
Time:	9:30a.m.—11:30 a.m.
Where:	Main floor EDUCATION ROOM Access Fort Garry 135 Plaza Drive

To register contact Terri at 204-940-2313

Limited child minding available for your child

If you need help understanding English we can get someone to help you. Just tell us when you sign up for the class. Can't make the class?? Call **Dial-a-Dietitian** at 204-788-8248 and Coralee or Lise will be happy to talk to you!



Winnipeg Regional
Health Authority

Fort Garry/St. Norbert
Healthy Child Coalition

