

Public Health Nutrition Services, Central Zone



A child's relationship with food: it's more than what they eat

Join a registered dietitian with other parents, caregivers and adult role models of school-aged children to learn:

- How to support children to develop a positive relationship with food and their body
- How a child's relationship with food may change over time
- Strategies to start conversations if you think your child needs help
- Additional supports that are available

(Content warning: Diet, eating disorders and disordered eating, weight and body image will be discussed in this presentation).



March 9 from 6:30 p.m. to 8 p.m.

This session will be on Zoom. To register, please [click here](#)

or scan ➔

