



Healthy Eating in Kids



Who: Are you a parent or caregiver of a child 3-6 years of age and want to learn more about healthy eating in your kids?

What: Come and learn about meal planning, introducing new foods, and packing healthy snacks. Help your kids learn healthy eating habits early in life and get the best start they can!



Where North Lanark Community Health Centre,
207 Robertson Drive, Lanark

When: Wednesday November 3, 2010
10:00-11:30

Cost: Free! Registration Required



Presented by: Karina Kwong, Community Dietitian
and the Healthy Young Families Program

For more information or to register
call Maggie or Karina at
613 259-2182 or 1- 866-762-0496



North Lanark
Community Health Centre
A part of Lanark Health and Community Services



Ontario's Community
Health Centres
Every One Matters.