FREE PARENTING WORKSHOP!

Feeding Happy Healthy Kids

Presenter: Diana M. Steele, B.Sc. (Diet.), RD

Join us for an informative and interactive session on healthy eating for kids with Registered Dietitian Diana Steele. Discover great ideas for feeding a busy family and how to meet the nutritional needs for children of all ages. Explore some of the common eating challenges parents face when feeding a busy family and how to meet these challenges with support, openness and excitement. Learn how to foster a positive feeding relationship and how to promote the best foundation for healthy eating habits in the future. Best of all, get inspired to make delicious lunches your kids will eat and participate in making them too. Come armed with your own questions and challenges!

The Key Details:

Choose from one of the following options

Date: Wednesday March 13, 2019 11:30am-1:30pm or Wednesday March 13, 2019 6:30pm-8:30pm

Location: Robert Lee YMCA, Family Development Centre
(5th Floor, 955 Burrard Street, Vancouver)

Cost: FREE

Registration: For more information or to register contact 604-673-6180

Free limited childminding spaces. Let us know upon registration.

About Diana M. Steele:

Diana Steele is a registered dietitian and owner of Eating for Energy, a thriving nutrition consulting company in Vancouver. Committed to teaching nutrition in a realistic and do-able way, Diana has provided personalized nutrition counselling to thousands of individuals. She is also a professional speaker, author, recipe developer and media expert, appearing weekly on Global TV's noon News hour every Tuesday for the past 17 years. As a mother, business woman and wife, Diana creates balance in her life and still manages to walk the talk by eating well and exercising daily.

Funding supporters:

United Way Lower Mainland

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Community partners:

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