

NO FUSS MEALS COOKING FOR THE FUSSY EATER

If you're the parent of a toddler refusing to eat or only eating certain foods, or a primary school child fighting with you at meal time, then taking one of our nutrition workshops could be the turning point in your fussy eater's relationship with food.

So if you're looking for some new kitchen skills and some easy (and versatile) recipes that you can make for your little ones, then please join us.

21ST FEBRUARY 10:30 - 11:30 AM
COCKBURN INTEGRATED HEALTH
LEVEL 1 - COMMUNITY ROOM
PLACES ARE LIMITED

COST: FREE

PRESENTED BY MEGAN HARDY,
ACCREDITED PRACTICING DIETITIAN & NUTRITIONIST.

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