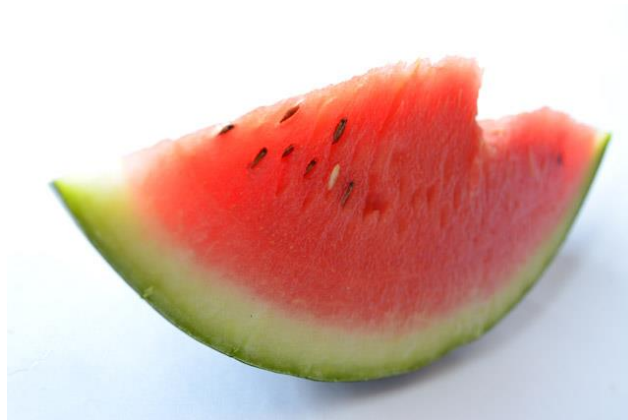


Helping Your Child Eat Well

A workshop for Richmond families with a child 1-5 years old who is not eating well



How to:

- Make eating enjoyable for your family
- Encourage your child to try & enjoy new foods
- Help your child choose healthy foods

Date and Time Options:

Thursday, Feb. 7, 2019 Room 224, 9:30–11:30AM
(Pay Parking)

OR

Wednesday, Feb. 13, 2019 Room 224, 6:30–8:30PM
(**Free Parking)

Location: 8100 Granville Avenue

**Free evening parking in VCH marked spots only

\$ No Cost to You

No childcare provided

To register: Please call Anne Swann at 604-233-3103.