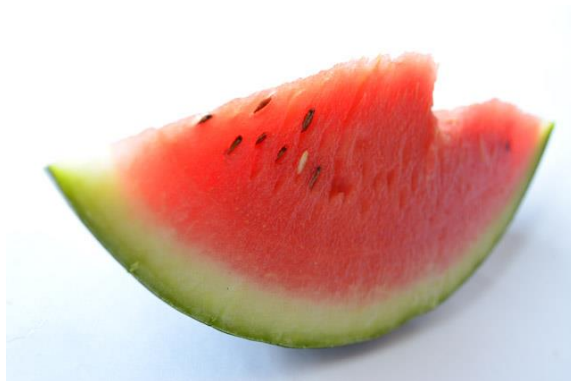


Helping Your Child Eat Well Virtual Workshop

**For Richmond families with a child
9 months - 5 years old who is not eating well**



How to:

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

Offered on Zoom:

Wednesday, February 22, 2023

6:00 – 8:00 PM

OR

Thursday, March 2, 2023

9:15 – 11:15 AM

Not sure how to use Zoom? For more information on joining a Zoom meeting click [here](#).

Before joining us online, click [here](#) for important privacy and confidentiality information about Zoom.

\$ No Cost to You

The workshop is in English.

If you need an interpreter, please let us know and we will try to provide one.

To register or for more information, E-mail: RmdPHnutrition@vch.ca