

Community Education Service

Raising Happy, Healthy Eaters

Presented by: Kendra Chow, BSc BSc RD

October 17, 2019

1:00 pm - 2:00 pm

Sign in: 12:45pm

YW Parent Link - THE HUB

1715 17 Ave SE,

Calgary

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by a dietitian, this introductory session is for parents and caregivers with children 1-5 years of age.

Level I: This session presents an overview of early mealtimes and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Airdrie Community Health Centre.