

Parent Information Session



Raising a Healthy Happy Eater



Led by a Registered Dietitian this session will provide practical strategies for encouraging healthy eating and making mealtimes more enjoyable.



Upcoming Sessions - 2017

Date	Time	Early Years Family Center
Tuesday, January 31	10:30 to 11:30 a.m.	Miller High School 1027 College Avenue
Saturday, March 11	10:00 to 11:00 a.m.	Dr. Hanna School 55 Davin Crescent
Thursday, April 6	1:30 to 2:30 p.m.	Scott Collegiate 3350—7th Avenue

Registration is required!

Phone 306.766.7370 or email healthpromotionRQHR@rqhealth.ca