

Regional Nutrition Webinars - June

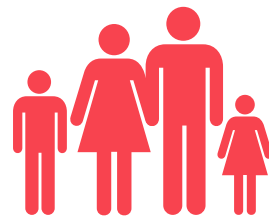
Mealtime tips & fussy eating

Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.

Register using the link below

Link:

<https://tinyurl.com/mealtimetips>



Wed 9th
June
4pm - 5pm

Thur 10th
June
10am - 11am



Introduction to Solids

Perfect for parents who are thinking about or have recently started introducing solids to their baby.

Link:

<https://tinyurl.com/introsolids>

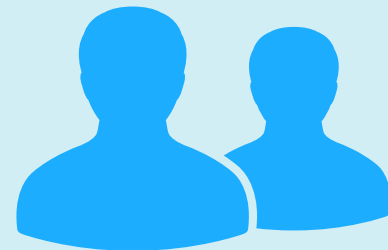
Eating Well As You Age

This webinar is for anyone who is interested in finding out how to eat well in later life. This could be for yourself a relative or a friend.

Register using the link below

Link:

<https://tinyurl.com/elderlywebinar>



Wed 16th
June
11am -
12noon

Thur 17th
June
11am -
12noon



Eating Well on a Budget

This webinar is perfect for anyone wanting to save lbs and £s!



Link:

<https://tinyurl.com/eatingwellbudget>