

Regional Nutrition Information Sessions - August

Food and Mood

This session looks at healthy eating and explores the links between food and mood.

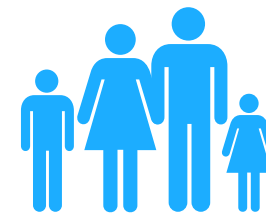
Link:

<https://tinyurl.com/foodandmood-August>



Mon 2nd Aug
1-2pm

Tues
10th
Aug
11am-12pm



Feeding Under Fives

This session is for anyone interested in finding out more about nutrition for toddlers and children under 5 years old.

Register using the link below

Link:

<https://tinyurl.com/under-fives-August>
Passcode: 120741

Lunchbox and Snack Ideas

This session is for anyone looking for healthy lunch and snack ideas for children during the school holidays.

Register using the link below

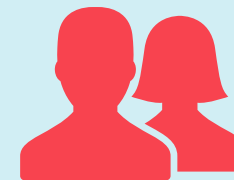
Link:

<https://tinyurl.com/lunches-snacks-August>



Thurs
19th
Aug
10-11am

Wed 25th
Aug
4-5pm



Eating Well as you Age

This session 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/nutrition-olderadults-August>