



Ways to support your child's relationship with food and their body

Join AHS registered dietitians to:

- Discuss how diet culture affects how we think and talk about bodies.
- Find out how children learn about food.
- Identify how the words we use to talk about food and bodies can impact children.
- Learn tips and strategies to support the development of a healthy relationship with food and body.

For parents and caregivers of children ages 2 to 12 years old.

Wednesday Nov. 20th

6:30 – 8:00 p.m.

For more information
and to register visit:



SCAN ME

<https://bit.ly/3ZTPobw>