

Nourishing Your Family

Raising Confident Eaters with Food and Body Trust

with Lesley Langille, RD

Introductory remarks to be provided by Principal Westgate

Feeling overwhelmed with feeding your **picky eater**, and unsure whether they're meeting their **nutritional needs**?

I've got you!

Feeding a family can feel overwhelming. Especially with the constant juggle of different preferences and limitations, and then all the pressure to "get it right".

Together let's explore how to **make mealtimes less anxious** while helping our kids become **confident eaters**.

CENTRED
NUTRITION
COLLECTIVE

February 27, 5:30 - 7:00pm

RSVP for this FREE event:

<https://bit.ly/wss-parent-evening>

****Babysitting may be provided if there is sufficient demand.***

