

Parent Workshop: Nutrition for Elementary-aged Children (Ages 5-11)

Trying to encourage healthy eating for your elementary-aged child?

Learn tips for engaging your child with food in a healthful way while still preserving your sanity at meal times. Discussion will also focus on providing for the nutritional needs of your whole family. This class will be led by a Registered Dietitian Nutritionist.




This FREE class is intended for adults and takes place on **Wednesday, October 19 from 6-7 p.m.** at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood.

Registration is required.
Learn more and register at verdanthealth.org/events or call (425) 582-8600.



 verdanthealth.org

 (425) 582-8600

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