



## Want to help families in your school make healthy habits?

We run **FREE**, 60–90-minute workshops in schools for parents/carers, whose children (5–15 years old) are at risk of becoming/are above their ideal weight. Led by our Nutritionists and Wellbeing Coordinators, you can choose from:



How to help children  
overcome fussy eating



Creating healthier eating  
habits for children

Both workshops offer:

- Practical tips for changing habits
- A free action plan for families
- An informal, inclusive space
- 1:1 check-in a month later.

Book a workshop

TODAY



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