

Regional Nutrition Webinars - April

Top Tips for a Healthier Weight

Learn about healthy eating and lifestyle habits if you are overweight and want to lose weight or if you are looking to support someone in losing weight.

We will discuss portion control, snacking, alcohol and takeaways.



Tues
13th
April
11-12pm

Link:

<https://tinyurl.com/Weight-Tips-April>

Tues
20th
April
7-8pm



Nutrition Myths

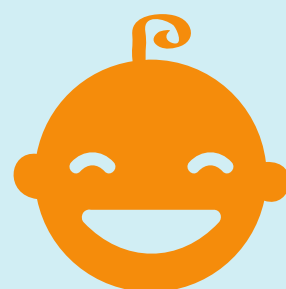
“Busting” the most common myths about diet and health! Find out if certain foods can protect us from COVID-19, if sweeteners really are bad for you and the truth about fad diets.

Link:

<https://tinyurl.com/Myths-April>
Meeting ID: 503 933 1325
Passcode: 751441

Introduction to Solids

Perfect for parents who are thinking about or have recently started introducing solids to their baby.

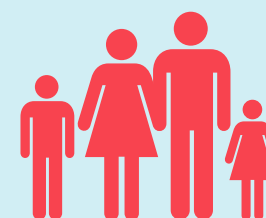


Thurs
29th
April
10-11am

Link:

<https://tinyurl.com/Solids-April>
Meeting ID: 971 6033 2128
Passcode: 154581

Thurs 8th
April 4-5pm



Mealtime tips & fussy eating

Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.

Register using the link below

Link:

<https://tinyurl.com/FussyEating-April>