

PARENTS

Nightout

THE SCHOOL COUNCILS OF TWELVE MILE COULEE,
ERIC HARVIE AND TUSCANY SCHOOL HAVE COME
TOGETHER TO BRING YOU A SPECIAL Q & A

Nutrition for Busy Families - A Night With a Dietician

Our School Councils will be interviewing media Dietitian Andrea Holwegner for an action packed session for busy parents focused on nourishing healthy eating habits for kids and teens. She will discuss some of the most important meal planning strategies to save time, reduce stress and improve your families health and mental health. Ask questions about picky eating, what to feed kids before or after sports and the best after school snacks. Learn simple strategies to plan and prep meals and snacks that support well-being, physical health and mental health. This is also an excellent chance to bring ALL your personal nutrition questions on anything you're curious about including emotional eating, popular diets, supporting positive body image in kids, prevention of eating disorders and more!

When: Wednesday, April 17th at 7 pm

Where: TMC School, 65 Tuscany Hills Rd

Who: Adults-Only (cannot accommodate children)

RSVP: Please use the Sign Up Link below



Registered Dietitian Andrea Holwegner ("The Chocolate Loving Nutritionist") is the founder and owner of Health Stand Nutrition Consulting Inc. since 2000. She leads a team of global professional Dietitians who help empower people to create a healthy and joyous relationship with food and their body.

Visit

HealthStandNutrition.com

for her latest TV segments, articles and healthy recipes on her award-winning blog and popular weekly nutrition newsletter.

Instagram, Facebook, Twitter
@chocoholicRD



Interactive Parent Q & A Session with Registered Dietitian Andrea Holwegner

Please review the available slots below and click on the button to sign up. Thank you!

 signupgenius.com

