Kids and Meals: It Doesn't Have to Be a Battle

FEBRUARY 7TH, 2019
12:00 PM - 1:00 PM

Please click to register if you would like to attend this Health & Wellness Lunch & Learn.

Parenting children is quite a challenge in every aspect, but meals and eating habits should not be included as part of the challenge. Come learn about how to have a much less assertive role in encouraging young kids and consequently all kids to eat.