

Regional Nutrition Webinars - December

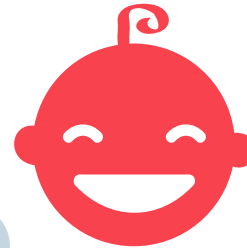
Introduction to solids

Wed 2nd
Dec
9.30-11am

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

Sign up required.
Register using the link below.

Link: <https://hhk-introtosolids-dec.eventbrite.co.uk>



Top Tips for a Healthier Weight

Thurs 10th
Dec
1-2pm

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.



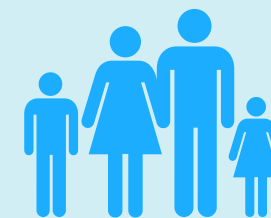
Link: <https://tinyurl.com/TTFHW-Dec>

Eating Well As You Age

This webinar is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or friend.

Thurs 17th
Dec
11-12noon

Link: <https://tinyurl.com/nutrition-olderadults>
Passcode: 531965



Mealtime and fussy eating tips

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

Wed 16th
Dec
12-1pm

Link: <https://tinyurl.com/hhk-family>
Passcode: 531965