

Regional Nutrition Webinars - May

Food and Mood

This webinar looks at healthy eating and explores the links between food and mood.

Thur 13th
May
11-12pm



Link:

<https://tinyurl.com/foodandmood-May>

Nutrition for Your Teenager

Find out more about nutrition for teens if you are a parent/carer of a young person or someone who works with this age group.

Tues 18th
May
6.30-7.30pm



Link:

<https://tinyurl.com/Teenagers-May>
Meeting ID: 850 7082 4031
Passcode: 40029581

Healthier diet, healthier you

This webinar is for anyone who wants to find out more about healthy eating.

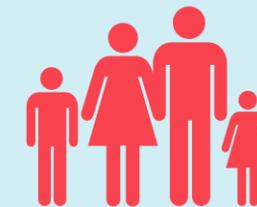


Tue 25th
May
11-12pm

Link:

<https://tinyurl.com/HDHY-May>
Meeting ID: 875 0424 4529
Passcode: 24815705

Wed 26th
May
11-12pm



Feeding Under Fives

This webinar is for anyone interested in finding out more about nutrition for toddlers and children under 5 years old.

Link:

<https://tinyurl.com/HHK-May>
Webinar ID: 874 7791 4233
Passcode: 300947