

Do you have a **fussy eater** in your family?



**Come along to a
FREE group to help
make mealtimes
easier.**

- Suitable for parents and carers with children aged 1 to 5 years
- Run by ACT Health dietitians
- To give you the best opportunity to learn we prefer you attend without your children.

**My next fussy eating
group is on:**

.....

located at:

.....

Location

Groups run twice a month at Health Centres across the ACT

For more information or bookings

Phone Community Health Intake on 6207 9977
or visit www.health.act.gov.au/nutrition



Let's teach them good habits for life

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