



Women's Information Group

HEALTHY EATING SEMINAR FOR PARENTS AND CHILDREN

Women's Information Group is organising a seminar addressing obesity in Young Children providing support and advice to parents about healthy diet and link between obesity and physical ailment such as diabetics, cardiovascular diseases, etc.

DATE: 26 February 2009

TIME: 10.30 TO 12.30

**VENUE: Ballynafeigh Community Dev Association
283 Ormeau Rd**



There will be two speakers:

- **Grainne MacMahon, Community Dietician from Belfast Trust** will speak about Healthy and balanced diet.
- **Obesity relate to Physical and emotional well-being**– Speaker to be confirmed

Also we will have variety of stands from many voluntary and statutory agencies working to tackle obesity in children.

To book a place phone W.I.G. on **028 9024 4119**



**LUNCH PROVIDED FREE
CRÈCHE AVAILABLE**

Everyone is welcome!!!!

EBCHIPS

FRESH

COOK IT

EATING DISORDER

DIABETIES UK

MENTAL HEALTH

OBESITY

MUCH MORE

SUPPORTED BY



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