

Nutrition Workshop



Monday 4th December

9.30-10.45am at Pathways College



Free refreshments from 9 am onwards

A workshop for any parents, grandparents and/or carers interested in discovering practical tips on eating to support energy levels and to consider small, manageable food swap ideas to support improved all round family wellbeing.

The workshop will be hosted by Andrea Carroll-Langan, Parkside's registered nutritionist. We really hope you are able to come along.

Please remember to sign in at Parkside's reception desk upon arrival, thanks.