



# Nutrition Workshop

**WEDNESDAY, JULY 19<sup>TH</sup>**  
**5:00 – 6:30 PM**

## **Nourishing Healthy Eating Habits**

"Food Fights" take on a whole new meaning when you're parenting little ones! Join us for an informative and "tasty" meeting that will provide tips for exposing your children to nutrition education and food exploration, along with strategies to handle picky eaters, incorporating new or disliked foods and tips for making food fun rather than a source of frustration.

So whether you are stuck in a mealtime rut or prepping for the next stage of eating in your house, this workshop will surely offer a cornucopia of ideas to get nutrition back on the plate! We will even have one of our own Bright Horizons chefs, Molly McNeilly, who will be sharing her nutrition knowledge and providing food samples.\*

\*Tour of the center following the event. No RSVP necessary.

**Bright Horizons at Bellevue Spring District**  
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[Driving Instructions](#)

  
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*Early Education & Preschool*