

Regional Nutrition Webinars - November

Healthy Happy Kids: Feeding Under Fives

**Wed 11th
Nov
12-1pm**

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

Link: <https://tinyurl.com/FUF-nov1>



Healthy Diet, Healthier You



**Thurs 12th
Nov
6-7pm**

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

Link: <https://tinyurl.com/HDHY-nov1>
Passcode: 531965

Food and Mood



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

**Wed 18th
Nov
1-2pm**

Link: <https://tinyurl.com/FoodMood-Nov>

Fact or Fiction: Nutrition Myths



“Busting” the most common myths about diet and health! Find out if certain foods can protect us from COVID-19 or if sweeteners really are bad for you.

**Tues 17th
Nov
7.30-8.15pm**

Link: <https://tinyurl.com/myths-nov1>
Password: 452092