

HEALTHY EATING, ACTIVE LIVING (HEAL)

A WORKSHOP FOR PARENTS, GRANDPARENTS & CAREGIVERS OF CHILDREN 7-12 YEARS OLD

Have you had the following concerns?

- My little picky eater: How do I get my child to try different foods?
- When eating out, how do I choose healthier options for my child?
- How do I make smart food choices with my child when meal planning?
 - As a busy parent, how I be active with my child at home?

Get your questions answered in this workshop!

DURATION: 60 MINUTES

Platform: Zoom

Cost: Free-of-charge



Download the H365 App to register for the following dates with these partner codes:

Dates	Time	PARTNER CODE
Tuesday, 17 May 2022	12pm – Ipm	p2581
Thursday, 19 May 2022	12pm – Ipm	t6878

You will only be able to view and book these sessions on the H365 app up to 28 days in advance. (E.g. an event on 28 May will only be available from 1 May)







HOW TO REGISTER

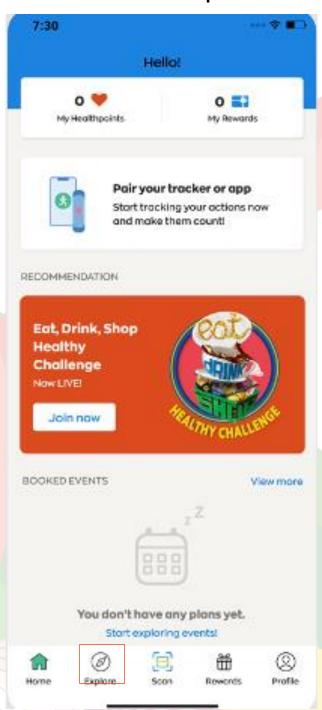
Step 1: Open the H365 App and click explore



Step 2: Click on Events and then "Enter Partner Code"

Events

Q Try Zumba, Tanjong Pagar



Tomorrow Wed, Apr 6 Thu, Apr 7 Fri, Apr 8 Today Enter Partner Code Active Ageing (Group Exercises) Chair Zumba (seniors) (11014) Ulu Pandan, Ghim Moh SCC & Active Aging Hub Quick HIT 11:30 STRONG NATION Zoom, Virtual Event Active Ageing (Group Exercises): PULL Zumba Gold (seniors)(9962) BUONA VISTA, Buona Vista Zone E RC Healthy Workplace Ecosystem (HWE) 12:00 Brisk Walk is for Everyone Workshop 13:00 Zoom, Virtual Event Healthy Workplace Ecosystem (HWE) **Boundaries Setting in Stress** Management Zoom, Virtual Event 13:30 12:30 Sunrise in The City (SITC) Core Yoga ORCHARD, SweatBox Yoga (Far East Shopping 13:30

Step 3: Enter Partner Code to join partner events

Step 4: Tap on "Book now" to register for event

