

you've got this!

# 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 – 1pm	p258l
Thursday, 19 May 2022	12pm – 1pm	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)*



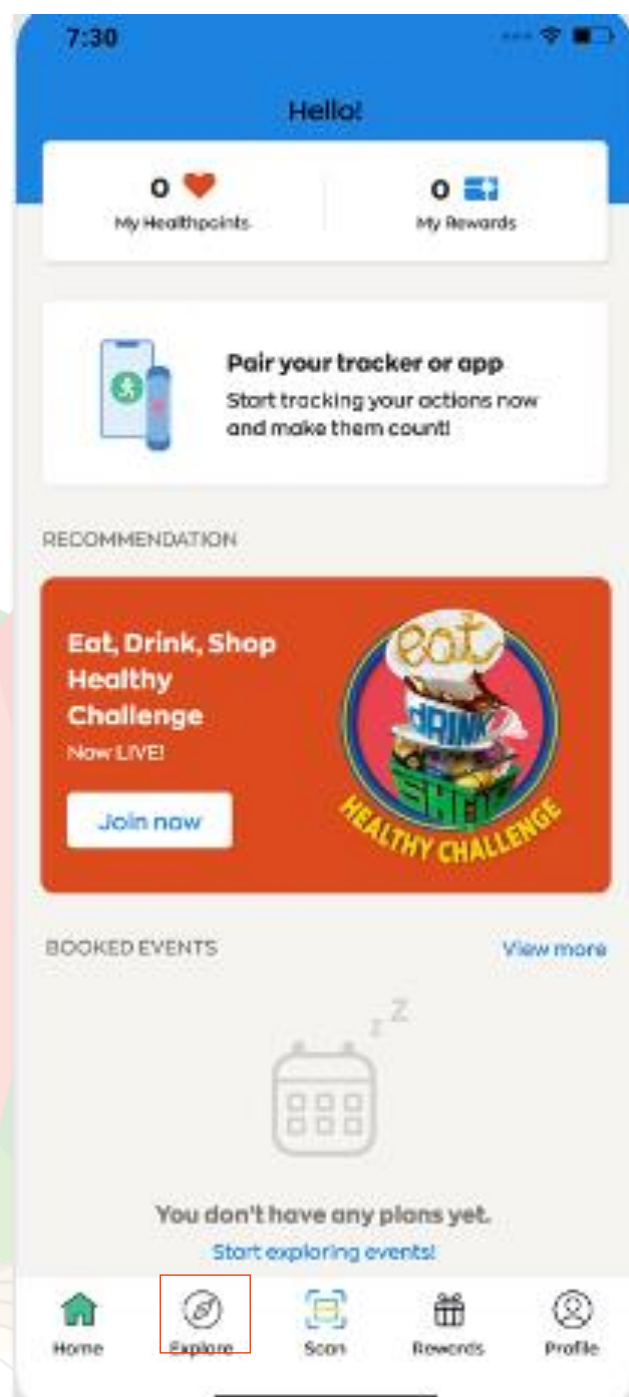
you've got this!

# HOW TO REGISTER

Step 1: Open the H365 App and click explore

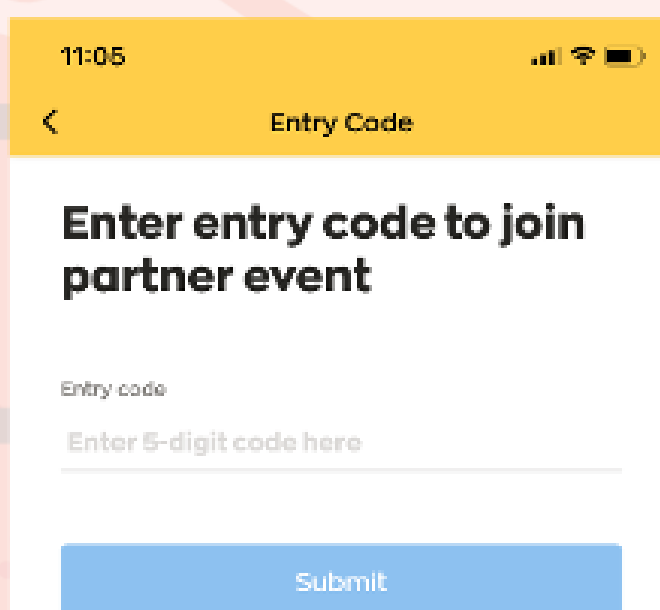


Step 2: Click on Events and then "Enter Partner Code"



Step 3: Enter Partner Code to join partner events

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



**NOTE: You will only be able to view and book 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)**



Enquiries to: schools@hpb.gov.sg

