

BHC
W•men would like to invite you to a

Kids Nutrition Talk

Thursday 30th March

7.30pm - 8.30pm

Busbridge
Church Centre



Struggling to get children to eat more healthily?
Worried about their weight or teeth?
Running out of ideas for their meals & lunchboxes?

Then join **Charlotte Hunter**, Nutritional Therapist, for this informative
and FREE talk on nutrition for children

You'll get tips on making quick and easy swaps to your child's diet,
learn about the building blocks of nutrition, the dangers of sugar and more

You'll also be able to ask Charlotte your questions and get a free sugar quiz
for your child as well as a discount voucher for Charlotte's services

Places are limited so book now
by calling 07919 897950 or email info@charlottehunternutrition.co.uk

www.bhcgodalming.org

[busbridge&hambledonchurch](http://busbridge&hambledonchurch.org)

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