

planning a healthy eating programme for teenage parents

PLANNING A HEALTHY EATING PROGRAMME

Course Introduction

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Course Details

This ONE DAY course is for anyone who is working with young parents and would like to engage teenage parents in a healthy eating programme.

By the end of the programme participants will have experienced:

- Issues of engagement
- discussion around the specific healthy eating needs of young parents and their children
- advice on planning a healthy eating programme
- suggested programme/lesson plans
- resistance to participation and ideas around motivation
- suggested recipes and other resources
- advice on accreditation routes

WORKSHOP SCHEDULE

Bolton	14th December 2009
Cost (registration fee) Statutory organisations and private companies	£187
Individuals and small voluntary organizations	£167
Information	Price includes lunch. If you would like to offer this training programme in-house, please contact us.
FOR MORE INFORMATION OR TO APPLY CONTACT alexia@busymummy.co.uk 01843 598612	