

**FREE advice and support session with a  
Registered Dietitian**

# **How to help your child to maintain a Healthy Weight**

Please come along for an informal chat with our Paediatric  
Dietitian, Selina at:

**Downside Primary School**  
**Wednesday 10<sup>th</sup> May, 9-10am**



**Free resources** will be available to take away from the session!

For more information or to book your place, please contact the  
school.