

# Supporting Your Child's Healthy Eating Habits



Please join us on Wednesday, November 16, 2022 at 7 PM to hear a medical expert provide tips on the foundations of healthy eating and impacts of nutrition on physical and mental health. This workshop will include practical tips for parents to help support their child in developing healthy eating habits for life.

**Topic:**

Supporting Your Child's Healthy Eating Habits

**Speaker:**

Anastasia Schepers, MS, RDN, CDN, CLC

**Date:**

Wednesday, November 16, 2022

**Time:**

7:00 – 8:00 PM

[Click here](#) to register for this program or scan the QR Code below with the camera app on your phone.



**Questions? Please email:**

[CCMCommunityOutreach@northwell.edu](mailto:CCMCommunityOutreach@northwell.edu)

**FAQs:**

**Is registration required for this program?**

Yes. Registration is required for this webinar.

**When will I receive the webinar information for this program?** The webinar information will be sent to you after you register. Please do not share this information with others.