

# You're Invited to Our Nutrition Workshop!

Dear Parents and Caregivers,

We are excited to invite you to our upcoming Nutrition Workshop designed specifically for parents and caregivers like you. Join us for an informative session where you will learn about:

- Healthy meal planning
- Nutrition for growth and development
- Creating balanced plates for your children
- Tips for introducing new foods

**Date:** Saturday, March 4, 2023

**Time:** 10:00 AM - 12:00 PM

**Location:** Community Center, 123 Health St, Your City

Refreshments will be provided. Please RSVP by March 1, 2023, to ensure we have enough materials for everyone.

We look forward to seeing you there and working together to promote healthy eating habits for our children!

Warm regards,

The Nutrition Workshop Team