

Eat Well Move More

Webinar Programme – November 2020



Webinar	Date	Time	Audience – who is the webinar suitable for?	How to book
Movement Matters - Why exercise matters for your family during the COVID-19 pandemic and what is available locally.	Tuesday 3 rd November 2020	6.00- 6.30pm	Aimed at parents/carers of school aged children	Click here
Movement Matters - Why exercise matters for your family during the COVID-19 pandemic and what is available locally.	Wednesday 4 th November 2020	11.00- 11.30am	Aimed at parents/carers of school aged children	Click here
A Healthy Balanced Diet - The importance of maintaining a healthy balanced diet during COVID-19 for you and your family.	Tuesday 10 th November 2020	4.30- 5.00pm	Aimed at parents/carers, and children and young people of school age	Click here
Be Active Together - Being active together, as a family, can positively impact your child and it's fun!	Tuesday 17 th November 2020	4.30- 5.00pm	Aimed at parents/carers, and children and young people of school age	Click here
Portion Control - Keeping portions under control. The problems of eating too much!	Tuesday 24 th November 2020	4.30- 5.00pm	Aimed at parents/carers, and children and young people of school age	Click here



Eat Well Move More is a healthy lifestyles programme for families with children aged 4-16 years, for more information click [here](#).

Book your place now!

