

Children's nutrition presentation

Presented by Parveen Talwar – Nutritional therapist

Date and Time: Thursday 12th January 18:30 – 19:30

Location: The Moseley Centre
149 – 153 Alcester Road (Next to the post office)
Moseley
Birmingham B13 8JP

Cost: £5:00. (Please confirm attendance via email)

Contact: Parveen Talwar on
Ruchanutrition@gmail.com

**Do you agree that we all want our children to thrive at school and at home?
Are you concerned about your child's nutrient intake?
Do you want to understand how nutrition can improve your child's
concentration?
Do you want to learn how to make a few changes to your child's diet to
improve their vitamin and mineral intake?**

**If the answer is yes then please come and join us at The Moseley Exchange.
I will be covering the following topics during this presentation to help you
answer all these questions:**

- 1. Essential fatty acids for brain development.**
- 2. Balancing sugar levels to improve concentration and mood.**
- 3. Important Vitamins and minerals your child needs and the foods that contain these.**
- 4. The importance of sleep and exercise and how this affects your child.**
- 5. How allergens affect our children.**
- 6. Brief discussion on Eczema and asthma.**
- 7. Food swaps- Suggestions for healthier food swaps**
- 8. Alternative healthy recipes.**

**Please confirm attendance by sending an email to
Ruchanutrition@gmail.com as places are limited.**

Website: www.ruchanutrition.com

Facebook link: <https://www.facebook.com/Rucha-Nutrition-1754935914772445/>