

# Nourishing Your Family

Raising Confident Eaters with Food and Body Trust  
with Lesley Langille, RD

**Feeling overwhelmed** with feeding your **picky eater**, and unsure whether they're meeting their **nutritional needs**?

I've got you!

Feeding a family can feel overwhelming. Especially with the constant juggle of different preferences and limitations, and then all the pressure to "get it right".

Together let's explore how to **make mealtimes less anxious** while helping our kids become **confident eaters**.



**CENTRED**  
**NUTRITION**  
COLLECTIVE

**Date:** Monday, May 26, 2025

**Time:** 6:00pm to 7:00pm

**Location:** Woodlands School