

# Sit Up Straight *and* Clean your Plate

## Is this really our only choice?

Join your colleagues in this session to talk about mealtime challenges and successes.

### In this workshop we will discuss:

- Our own values and beliefs and how they influence mealtime
- Investigate best practices in setting the stage for pleasant mealtimes
- Develop goals and strategies to achieve a fun, socially engaging and nutritionally balanced mealtime that everyone can enjoy!

**Thursday, March 29th, 2012**

**Location:**

**6:30 - 8:30**

**No Cost, registration required**



### Registration Information

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

#### To register:

Fax your registration to 705 775 2812

Or mail to:

Raising the Bar

236 Parkhill Rd. E.

Peterborough ON K9H1R2



For more details, contact Katherine Orgill at

705 775 2811 or

katherine@raisingthebartbo.ca