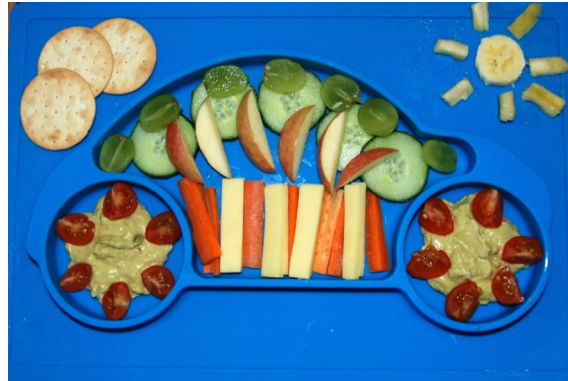


# Peace at Mealtimes



Are you tired of saying to your kids “just one more bite” or bargaining with your kids to eat vegetables?  
Bring peace back to your family meals  
with some new strategies.

**Date:** Monday May 14th

**Time:** 11:00 am to 12:00 pm

**Location:** Northumberland FHT

**TO REGISTER**  
Call 289-252-2139  
Email [info@nfht.ca](mailto:info@nfht.ca)