

The Enhanced Healthy Living Service



# Families, Food and Feelings Workshop

Scan the link below to sign up:



or email:  
brandoncentre.healthyliving@nhs.net

## 3<sup>rd</sup> of December

10:00 AM - 12:00 noon (online)

**Join our free workshop!**

**Key elements include:**

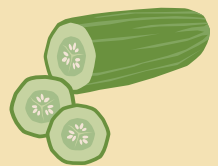
- Strategies to encourage healthy eating at home
- Tips to create helpful boundaries
- Finding ways to promote a positive relationship with food
- Learning about emotional eating

This workshop is for:

Parents with **children struggling with excess weight** (aged 5-17)

You must be registered with a **GP in Camden or Islington**

**We look forward to meeting you**



Our aim is to support families to find a compassionate and sustainable approach to working with their children towards an enjoyable and healthy lifestyle.

**Further support for parents is available after the workshop**

**Brandon Centre**  
Here for Young People