



Nestlé
Healthy Kids
Global Programme



Parent-child Nutrition Workshop

“Meet-the-experts Session”

Exclusive Invitation
Limited to only 30 parents and 30 children
(9-12 years old)
Strictly on a first-come-first-serve basis.

- Ever wonder if the food you serve is nutritious and palatable to your child?
- Want to find out what your child's favourite foods are at his school canteen?
- What can you do to empower your child with a sound nutrition foundation?
- Want to learn more from the nutrition experts about healthy eating and active living?

Join the inaugural “Parent-Child Nutrition Workshop” organised by the Healthy Kids Programme! Take this opportunity to:

- Participate in interactive group discussions with the experts.
- Share your concerns and experiences with other parents.
- Gain lots of practical advice and tips from experts.

Discussion topics include:

1 Cultivating healthy eating habits in your child

2 Selecting healthy food for your child's daily diet

3 Ways to overcome challenges on feeding your child

4 The importance of physical activity for your child

Register Today!

Don't miss this great opportunity to ask the nutritionists and psychologists present on any issues related to your child's nutrition and dealing with the challenges.

- Seats are limited to TWO per family: **ONE** parent and **ONE** child (9-12 years old only)
- Registration fee per family: RM10 (exchangeable with a goodie bag from Nestlé worth more than RM25)

Workshop Details:

Date : Saturday, August 7, 2010
Venue : Ballroom, Royale Bintang Hotel, Mutiara Damansara
Time : 1.00 pm – 5.45 pm

Programme

1.00 pm : Registration
1.30 pm : Opening Remarks by Dr Tee E Siong, President of Nutrition Society of Malaysia
1.45 pm : Breakup Group Discussion with Nutritionists & Psychologists
3.45 pm : Round-up Session (with all participants)
4.45 pm : Cooking Demonstration
5.15 pm : Afternoon Tea/Refreshment
5.45 pm : Goodie Bag Redemption and Session Ends

Meet the Experts!

- Dr Tee E Siong, President of Nutrition Society of Malaysia & Chairman of Workshop
- Assoc Prof Dr Norimah A Karim, Nutritionist and Lecturer, Universiti Kebangsaan Malaysia
- Dr Zawiah Hashim, Nutritionist and member of Nutrition Society of Malaysia
- Dr Chin Yit Siew, Nutritionist and Lecturer, Universiti Putra Malaysia
- Ms Cheong Sau Kuan, Psychologist and Lecturer, Sunway College

To reserve a seat for you and your child, please call **Ms Sia / Ms Muhaini at 03-5632 3301**. Seats are available on a first-come-first-serve basis. For any further information please call Ms Muhaini **03-5637 3526**.

A programme initiated by



In collaboration with



Pre-registration is required as seats are limited. So make an appointment with the experts today.

Name : Mr/Mdm _____
I/C no : _____
Age : _____ Profession : _____
Address : _____
Postcode: _____
Tel : (House) _____ (Mobile) _____
Email : _____
Name of child : _____ Age of child : _____

Please mail/fax/email the completed registration form along with a cheque/postal order payable to “Nutrition Society of Malaysia” by July 30, 2010 to:

VersaComm Sdn Bhd (263773-W)
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