



Sign up to our **FREE** masterclass

How to help your child overcome emotional eating

Date: Monday 30 September 2024 **Time:** 6pm-7pm

This one-hour online session by our nutritionists can help you:

- Understand the complexities of emotional eating.
- Get practical tips to create a balanced approach to food.
- Learn how to empower your child.
- Manage their emotions in healthier ways.

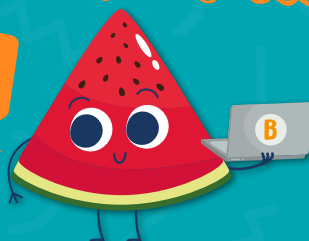
This masterclass is available to all parents and carers, whatever your child's age.



Secure your

FREE SPOT today!

Scan or click
the QR code



Need a hand signing up?
Email BZBinfo@maximusuk.co.uk