

Sign up to our **FREE** masterclass

How to support children with a limited diet?

Date: **Monday 28 Sept '26**

Time: **5:30 - 6:30pm**

This one hour session will be led by our nutritionists who can help you understand more about limited diets and offer their expert support. By signing up, you can:

- 📍 Share challenges and tips with liked-minded parents/carers
- 📍 Join an informal, inclusive and non-judgemental atmosphere
- 📍 Get lots of practical tips you can use for your family

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

Secure your

FREE spot today

Click me
to sign up



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Hertfordshire