

CHILDHOOD OBESITY WORKSHOP

- Have you been told your child/ grandchild is overweight?
 - Have you wondered whether he/ she is overweight but did not know whom to ask?
- Do you know if your child is a healthy weight or not ?

IF SO, THIS WORKSHOP IS FOR YOU.

1 out of every 5 children is overweight, which can cause lifelong problems.

To help your child get healthy, do please attend our introductory session on childhood overweight.



Date: Thursday, 10th January 2019
Venue: Conference 2, 1st Floor, Kapol Niwas,
Sir H. N. Reliance Foundation Hospital and Research Centre
Timing: 2:00 pm - 3:30 pm

ENTRY FREE

Note:

You can bring along your family and anyone
who is interested in this workshop

Conducted by:

Dr. Smita Koppikar, MBBS, DNB (Paed), MRCPCH (UK), CCT (UK), Paediatric Endocrinologist
Ms. Luana Mascarenhas, Nutritionist