



FRISKLIVSSENTRALEN AND SKOLEHELSETJENESTEN
IN SANDNES ARRANGES

BRA MAT FAMILIE

COURSE FOR PARENTS OF
CHILDREN OR YOUTHS WITH
OVERWEIGHT OR OBESITY

Following wednesdays:

08.05, 15.05, 22.05 and 29.05

Time: 09.00- 11.00

Place: Julie eges gate 6, 4th floor

Please contact

friskliv@sandnes.kommune.no or by
phone 469 30 491 for questions or
registration.

Central topics of the course is

- What is a healthy diet and lifestyle
- How to talk about overweight and food with our kids
- To set boundaries
- Portions size & snacks
- Food and emotions
- Activity, sleep and screen time

