

Flamborough Centre School Presents:

Empowering Parents With Practical Nutrition



With Speaker Maiya Ahluwalia

Registered Dietitian
Holistic Nutrition &
Mindful Eating Expert

When

Wednesday March 5th, 2025
6:15pm

Where

Flamborough Centre School
922 Centre Road
Waterdown

Maiya Ahluwalia is a registered dietitian and food enthusiast offering holistic nutrition support through mindful and sustainable eating practices.

Her workshop will focus on:

- School lunch packing
- On-the-go snack ideas
- Picky eaters
- Diet restrictions
- Recipe kits

Maiya specializes in supporting women and children with digestive health, pregnancy and postnatal nutrition, embracing cultural foods while addressing health needs, holistic nutrition, and mindful eating.

Join us for an engaging and interactive workshop! Maiya will prepare a recipe live, provide food samples, and share take-home recipes for you and your family.