

The Formentera Council's social welfare office reports that tomorrow, Thursday February 21, 6.00pm in the Centre de Dia, dietician and nutritionist Lydia Micó will lead a talk on planning a healthy diet. The evening is part of the activities programme of the department's “Family Support Group” (Grup de Suport Familiar).

Department head Vanessa Parellada says the training session strives to “help parents plan a healthier diet for whole family”. Participants will get an initial overview of the basic pillars of healthy eating before planning their own individual weekly meal plans with support from a professional, and, at the end, take part in a colloquium.

As with the previous Family Support Group gathering, childcare will be available on site for parents who wish to take part but lack alternatives.