



Eat Smart + Move More
= Recipes for Healthy Families

19 – 23 April 2017
(Wednesday – Sunday)

10:00am – 10:00pm

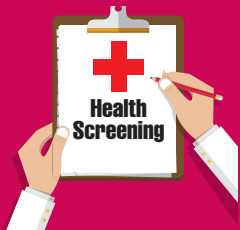
Lower Ground Centre Court
@ IOI City Mall Putrajaya

Food Fit Fun Fair

*It's so simple to eat
smart and move more.*

Join us and find out how!

HIGHLIGHTS



Health Screening

Available on 22nd & 23rd April 2017!

Check your body weight, blood pressure, cholesterol level, glucose level, and consult a nutritionist/dietitian, all for FREE!



Parent-Child Cooking Workshop

Don't miss this opportunity to have fun cooking and learning about nutrition with your child. Open to parents and their children aged between 7-12 years.

Get active
Group workout
(Zumba, Yoga)!



FUN & FREE Activities

- Food sampling and sales by Sponsors
- Interactive activities and goodies
- Free educational materials from the experts



Jointly organised by:



Nutrition Society of Malaysia



Malaysian Dietitians' Association



Malaysian Association for the Study of Obesity

Gold sponsors:



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Bahagian Keselamatan dan
Kualiti Makanan

Visit www.nutritionmonthmalaysia.org.my, drop by the
'Nutrition Month Malaysia' Facebook page or call 03-5632 3301 for more details.