



Essentials for Children's Nutrition

Who knew making healthy food could be so simple? Enjoy this fun session with Vinita Contractor and learn smart tips in their most simple and healthy forms.

About The Leaf e-academy and Vinita Contractor:

Meet Vinita, a holistic nutrition and lifestyle coach, from American Fitness Professionals and Associates, U.S. She believes in health solutions that are simple and pocket friendly. With her recently started academy, she takes in-person and online, nutrition and lifestyle coaching, offers workshops as well as DIY online programs.

Date: 8th June, Monday

InstaLive@4pm

Activity: Essentials for Children's Nutrition

Participants: Family



WORLD ENVIRONMENT DAY 2020

7 days of hands-on engagements &
7 ways to care for nature

