



# NATIONAL NUTRITION MONTH 2018

The Nutrition Month 2018 campaign is dedicated to helping Canadians realize the potential of food to:

- Enhance lives
- Fuel activities
- Bring people together
- Improve health
- Inspire children

## Unlock the Potential of Food

Tuesday, March 20<sup>th</sup> from 1:30pm - 3:00pm ~ Room 103

Food unites us at the dinner table and is the centre of holidays. Food can prevent diseases and keep us well for longer.

**NEW DATE!**

## Eating Healthy with High Blood Pressure

Thursday, March 15<sup>th</sup> from 1:30pm - 3:00pm ~ Large East Meeting Room

Eating healthy with high blood pressure will give you ideas on how to balance your meals to keep blood pressure under control. It will also address other lifestyle changes to treat high blood pressure.

**FREE and open to the public.**

Call Claudia at 519-971-0116 ext. 111 to reserve your seat.