



**March 2017—National  
Nutrition Month**

**Take the Fight out of Food!**



Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food, try this three-step approach:

Spot the problem. Define what's causing your fight with food first.

Get the facts. Use facts from credible sources to decide what needs to be done to solve the problem.

Seek support. Put the plan into action with support from a dietitian, family and friends.

We are offering a conference at City Centre Health Care:

**“Take the fight out of food!” Presentation**

**Thursday March 23: 1:30—3:00 p.m.**

Call Claudia in advance to  
book your spot at:

(519) 971-0116, Ext. 111