

NATIONAL NUTRITION MONTH 2020

COOK, SHARE & ENJOY

The Nutrition Month 2020 campaign is dedicated to helping Canadians realize the potential of food to prevent diseases and favour a healthier life. But there is more!

Cooking and eating can be relaxing and enjoyable activities. Food also unites us at the dinner table. Food is a part of our culture and allows us to create memorable traditions.

We are offering 2 workshops at the CMHA Health Centre. They are free and open to the public.



Eating: An Enjoyable & Fulfilling Activity

Wednesday, March 4 • 1:30pm - 3:00pm

Bone Health

Thursday, March 10 • 1:30pm - 3:00pm

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

