



NUTRITION AWARENESS LUNCH N LEARN INFORMATION SESSION

Come to the Health Centre to learn about nutrition and foods to avoid to prevent chronic diseases or to keep your blood sugars in check. Door prizes to be won and foods samples will be given away.

Wednesday March 30th , 2016

12 noon – 1pm

Please call the Health Centre at 705-657-2557 before March 24TH
to reserve your seat.