



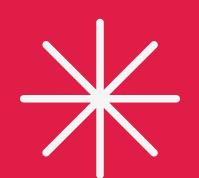






Seaway Valley Community Health Centre

NUTRITION PROGRAMS WINTER 2021





* Stretching Your Family Food Dollar (Virtual)

January 18 - February 1st; Mondays from 5 - 6:30 pm

• 3-week program focused on creating cost-effective meals for the whole family



* Healthy You! (Virtual)

January 21 - March 11; Thursdays from 5 - 6:30 pm

• 8-week program focused on ditching diet culture, improving your relationship with food & sustainable healthy lifestyle changes



* Heart Healthy Eating (Virtual)

February 9th, Tuesday from 4:30 - 6:30 pm

• 2-hr workshop focused on preventing and managing cardiovascular disease (heart attack, stroke, heart failure, high cholesterol, and hypertension) through healthy eating



* Cooking For One (Virtual Cooking Demonstrations)

February 24 - March 31; Wednesdays from 10 - 11 am

• 6-week program focused on teaching you how to cook easy, nutritious, cost-effective meals for one or two (cooking demonstrations include preparation & cooking skills)



Introduction to Mindful Eating (Virtual)

March 2nd, Tuesday from 1:30 - 3 pm

• 1.5-hour workshop looking at HOW you eat, not just WHAT you eat (principles of mindful eating & mindful eating cycle, applying mindful strategies)

TO REGISTER FOR PROGRAMS

VISIT seawayvalleychc.ca/program-registration/ OR CALL 1-888-936-0306 ext. 229



