

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/](https://seawayvalleychc.ca/program-registration/)**

**OR CALL 1-888-936-0306 ext. 229**



Seaway Valley  
Community Health Centre

*Working with you for a Healthier Community*

