

HEART HEALTHY EATING

AN INFORMATION WORKSHOP

Do you have high cholesterol, a history of heart disease or want to learn more about how to eat well for your heart? Join the South Georgian Bay CHC's Registered Dietitian for a discussion on how nutrition impacts heart health. Participants will learn how to identify heart healthy foods, create balanced meals, read nutrition labels, discuss myths and facts about heart-healthy eating and more.

Upcoming Workshop

May 8th 2024 at 10:00am
at the Leisure Time Club
in Collingwood

How to register:

Please call Claudia at the Leisure Time Club for the registration link.

705-445-9685 or email

collingwoodleisuretime@bellnet.ca

or call the SGBCHC at 705-422-1888

ext 143

