



Guelph CHC
growing healthy together



**Winter 2018
Nutrition
Workshops**

Learn to choose and cook healthy foods!
FREE Drop-in Program. Hands-on and lots of fun.
Bring a friend and enjoy a meal you helped prepare!
No registration required.

Shelldale - 20 Shelldale Cres.
Wednesdays; 11:00am – 1:30pm

Downtown - 176 Wyndham St. N.
Wednesdays; 11:00am – 1:30pm

Jan. 24	Brain Food
Feb. 28	Spice Up Your Life
March 28	Disease Fighters
April 25	Iron Boosters

Jan. 10	On The Go Lunches
Feb. 14	Heart Healthy Eating
March 14	Popular New Foods
April 11	Engaging The Senses

www.guelphchc.ca

519-821-6638