
HEALTHY EATING
IN PERSON AT CENTRE 55
Eat well and feel good!



Join us in this informative session at Community Centre 55 to:

- Learn the importance of healthy eating for a better life
- Boost your life by improving your eating habits
- Explore how to unlock essential nutrients from a variety of foods
- Learn how to overcome barriers for healthy eating
- Discover how to set realistic nutrition goals

Where: Community Centre 55 - 97 Main Street

When: **Wednesday**, December 4, 2024 from 2:00 PM - 3:30 PM

Register: <https://centrefiftyfive.recdesk.com/Community/Home>
or call 416-691-1113



Offered in partnership with Community Centre 55