

Date: Thurs Feb 9th, 2017

Time: 11:30am - 1pm

BRING YOUR LUNCH AND LEARN!



Nutrition 101 with Dr. Lisa Tabrizi BSc,ND

Are you stressed by what foods to eat or not eat? Join Dr. Lisa for a session where she will discuss how to compose a healthy meal, how to effectively meal plan, and review what super foods should be in your daily diet. We will also review alternative protein sources and ways to limit or replace sugar.. The session will end with some quick tips for healthy meals and snacks on the go. Start nourishing a healthier you!

Brought to you by the S.I.M GYM

Talk takes place in the Auditorium of St.Joseph's Villa

56 Governor's rd, Dundas

Call 905-627-3541 ext 2109 or

email s.i.mgym@sjv.on.ca to reserve your spot

55 and older please