

nutrition for you®

A RECIPE FOR HEALTH

SPONSORED BY: **THRIFTY FOODS™**

**Confused About Nutrition?
Not Sure Which Way To Turn? We Can Help!**

An innovative collaborative partnership with **THRIFTY FOODS** has made it possible for us to offer **FREE Nutrition Seminars and Tours...**

Designed and presented by professional registered dietitians from **Springwell Nutrition Group** — these seminars will change your life!

HEALTHY ADULTS SEMINAR

Eating well will give you the energy and health to do the things you enjoy. Foods that are low on the Glycemic Index (GI) and high in antioxidants and good fats are the key to weight management and to preventing arthritis, diabetes, heart disease, cancer and other health problems. This seminar will help you clean out your cupboards, fridge and home by walking you through which foods and supplements are best for renewed energy and optimal health.

FREE Healthy Youth and Healthy Workplace sessions also available for your school or workplace.

For more information and to register contact your local community recreation centre.



THRIFTY FOODS GROCERY STORE TOURS

These tours provide participants with an aisle-by-aisle tour led by a registered dietitian to help make sense of food labels, ingredient lists, functional foods and supplements.

HEALTHY AGING SEMINAR

Whether you have diabetes, heart disease, cancer, arthritis or your focus is on prevention — the best dietary approach is the new Anti-Inflammatory Diet, which has been shown to promote health, prevent disease and premature aging. This seminar will discuss practical ways to include these key high antioxidant super foods and super supplements in your daily diet. This seminar is a must for people in mid-life who want to age with energy, vitality and optimal health. **This session is designed for those 40+ who are looking to avoid those future aches, pains and blood pressure issues.**

