

nutrition for you®

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS™**

North Island Schedule

Community Area	Location	Session	Date	Time
Campbell River	Campbell River Rec Centre	Healthy Aging	Jan 28, 2010	10:00 – 11:30 AM
Campbell River	Campbell River Thrifty Foods	Grocery Store Tour	Feb 8, 2010	7:00 – 8:00 PM
Comox Valley	Comox Community Centre	Healthy Aging	Jan 20, 2010	7:00 – 8:30 PM
Comox Valley	Florence Filberg Centre	Healthy Adults	Feb 9, 2010	7:00 – 8:30 PM
Comox Valley	Courtenay Thrifty Foods	Grocery Store Tour	Feb 15, 2010	7:00 – 8:00 PM
Comox Valley	Courtenay Thrifty Foods	Grocery Store Tour	Feb 25, 2010	7:00 – 8:00 PM
Cowichan	Island Savings Centre, Duncan	Healthy Aging	Jan 21, 2010	9:30 – 11:00 AM
Cowichan	Island Savings Centre, Duncan	Healthy Adults	Feb 25, 2010	7:00 – 8:30 PM
Cowichan	Beverly Corners, Duncan Thrifty Foods	Grocery Store Tour	Mar 8, 2010	7:00 – 8:00 PM
Mill Bay	Kerry Park Recreation Centre	Healthy Adults	Feb 25, 2010	2:00 – 3:30 PM
Mill Bay	Mill Bay Thrifty Foods	Grocery Store Tour	Mar 1, 2010	7:00 – 8:00 PM
Nanaimo	Oliver Woods Community Centre	Healthy Aging	Mar 5, 2010	1:30 – 3:00 PM
Nanaimo	Port Place Thrifty Foods	Grocery Store Tour	Mar 17, 2010	10:00 – 11:00 AM
Nanaimo	Longwood Station Thrifty Foods	Grocery Store Tour	Mar 24, 2010	7:00 – 8:00 PM
Parksville	Oceanside Place Meeting Room	Healthy Adults	Feb 17, 2010	6:30 – 8:00 PM
Parksville	Parksville Thrifty Foods	Grocery Store Tour	Mar 10, 2010	7:00 – 8:00 PM
Parksville	Oceanside Place Meeting Room	Healthy Aging	Mar 12, 2010	1:30 – 3:00 PM



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