

nutrition for you®

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS™**

Lower Mainland Schedule

| Community Area | Location | Session | Date | Time |
|----------------|--------------------------------------|--------------------|--------------|----------------|
| Delta | Winskill Aquatic & Fitness Centre | Healthy Aging | Feb 11, 2010 | 7:00 – 8:30 PM |
| Delta | Winskill Aquatic & Fitness Centre | Healthy Adults | Feb 25, 2010 | 7:00 – 8:30 PM |
| Delta | Tsawwassen Town Centre Thrifty Foods | Grocery Store Tour | Mar 1, 2010 | 7:00 – 8:00 PM |
| Port Moody | Kyle Recreation Centre | Healthy Aging | Jan 28, 2010 | 1:00 – 2:30 PM |
| Port Moody | Port Moody Recreation Complex | Healthy Adults | Feb 25, 2010 | 7:00 – 8:30 PM |
| Port Moody | Suter Brook Thrifty Foods | Grocery Store Tour | Mar 3, 2010 | 7:00 – 8:00 PM |



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