

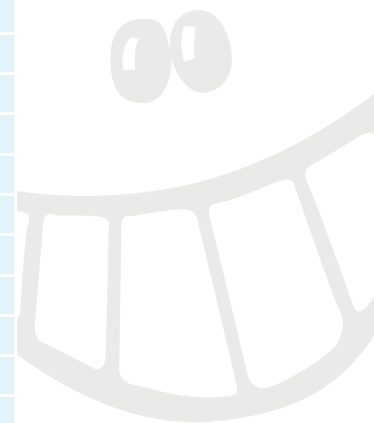
# nutrition for you<sup>®</sup>

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS<sup>™</sup>**

## Victoria and Area Schedule

Community Area	Location	Session	Date	Time
Esquimalt	Esquimalt Recreation Centre	Healthy Adults	Feb 20, 2010	9:30 – 11:00 AM
Esquimalt	Esquimalt Recreation Centre	Healthy Aging	Feb 27, 2010	9:30 – 11:00 AM
Esquimalt	Admirals Walk Thrifty Foods	Grocery Store Tour	Mar 8, 2010	7:00 – 8:00 PM
Oak Bay	Henderson Rec Centre	Healthy Adults	Jan 17, 2010	10:00 – 11:30 AM
Oak Bay	Hillside Thrifty Foods	Grocery Store Tour	Jan 28, 2010	7:00 – 8:00 PM
Oak Bay	Oak Bay Rec Centre – Lounge	Healthy Adults	Feb 8, 2010	6:30 – 8:00 PM
Oak Bay	Fairfield Thrifty Foods	Grocery Store Tour	Feb 25, 2010	7:00 – 8:00 PM
Saanich	Pearkes Recreation Centre	Healthy Aging	Feb 18, 2010	9:00 – 10:30 AM
Saanich	Quadra Thrifty Foods	Grocery Store Tour	Feb 22, 2010	7:00 – 8:00 PM
Saanich	Broadmead Thrifty Foods	Grocery Store Tour	Feb 22, 2010	7:00 – 8:00 PM
Saanich	Tuscany Thrifty Foods	Grocery Store Tour	Mar 11, 2010	7:00 – 8:00 PM
Saanich Peninsula	Greenglade Community Centre	Healthy Adults	Feb 11, 2010	7:00 – 8:30 PM
Saanich Peninsula	SHOAL Centre	Healthy Aging	Mar 10, 2010	10:30 – 12:00 PM
Saanich Peninsula	Central Saanich Thrifty Foods	Grocery Store Tour	Mar 20, 2010	9:00 – 10:00 AM
Saanich Peninsula	Sidney Thrifty Foods	Grocery Store Tour	Mar 30, 2010	7:00 – 8:00 PM
Sooke	SEAPARC Leisure Complex	Healthy Adults	Jan 21, 2010	6:30 – 8:00 PM
Sooke	SEAPARC Leisure Complex	Healthy Aging	Jan 27, 2010	11:00 – 12:30 PM
Victoria	Crystal Pool and Fitness Centre	Healthy Adults	Jan 18, 2010	6:00 – 7:30 PM
Victoria	Victoria YMCA/YWCA	Healthy Adults	Jan 18, 2010	6:30 – 8:00 PM
Victoria	Cloverdale Thrifty Foods	Grocery Store Tour	Jan 25, 2010	7:00 – 8:00 PM
Victoria	Victoria YMCA/YWCA	Healthy Aging	Feb 15, 2010	6:30 – 8:00 PM
Victoria	Crystal Pool and Fitness Centre	Healthy Aging	Feb 22, 2010	10:00 – 11:30 AM
Victoria	James Bay Thrifty Foods	Grocery Store Tour	Mar 1, 2010	7:00 – 8:00 PM
West Shore	JDF Rec Centre Fieldhouse	Healthy Aging	Feb 1, 2010	7:00 – 8:30 PM
West Shore	JDF Rec Centre Fieldhouse	Healthy Adults	Feb 15, 2010	7:00 – 8:30 PM
West Shore	Colwood Thrifty Foods	Grocery Store Tour	Mar 10, 2010	7:00 – 8:00 PM



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