Sobeys Dietitians

Nutrition Events

A world of healthy ideas for you!

Fall River Sobeys Nutrition Events · Sept 2019

Sobeys Walking Club — FREE

Sobeys walking club will continue through the fall! The best time of year to walk. Join us every Wednesday morning for a one hour walk followed by a sampling of a new recipe. Get active! **Every Wednesday morning | 10:30am – 12:00pm**

Cooking for Heart Health — FREE

Tuesdays

Sept 10th | 12:00 – 1:00pm | Increase Fibre

Recipes: Boost Your Salad; Cheesecake Stuffed Pears

Sept 17th | 12:00 – 1:00pm | Healthy Fats

Recipe: Fish Tacos; Almond Date Balls with Coconut

Healthy Cooking Class — $15.00

Join a professional chef and your Registered Dietitian, Felecia for some great summer recipes!

Menu: **Mussels in Coconut Curry Sauce; Beef and Mushroom Melts; Sautéed Vegetable Medley; Baked Sweet Potato Fries with Curry Dip**

Tuesday, Sept 24th | 11:00am – 1:00pm

Your DNA and Nutrition Connection*

Decode your DNA to help you find the right diet for your body.

7 gene intro assessment, 30 minutes | 40 gene in-depth analysis, 60 minutes

One-on-One Nutrition Consults with Your Sobeys Dietitian*

Ready to make a change in your eating habits? Book an appointment with our registered dietitian to get nutrition advice you can trust. Phone consults are available as well. **30 Minute Session | 60 Minute Session**

*May be covered by private insurance

To register, contact Fran at 902-860-2291 or email: 00739crc@sobeys.com

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