



# Nutrition Events

A world of healthy ideas for you!

**Sobeys**  
Dietitians

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## Sobeys New Glasgow Westside & Aberdeen Dietitian Calendar – **September 2019**

### **Walking Program**

**FREE**

Walk at your own pace and set your own activity goals. Join the dietitian after class for a nutrition break and learn healthy eating tips.

**Mondays from 10:30am-12pm - Sobeys Westside** \*No class September 2<sup>nd</sup> & 16<sup>th</sup> \*

### **Family Meals**

**FREE**

Do you have a picky eater? Are you looking for quick and easy meals that are healthy? Interested in practical meal solutions? Join us for an interactive class and bring the whole family!

**Tuesday, September 10<sup>th</sup> from 11-12:30pm – Sobeys Westside**

**Thursday, September 12<sup>th</sup> from 5-6:30pm – Sobeys Aberdeen**

### **Healthy Cooking Classes**

**\$15 per person**

Cook like a Chef, eat like a Dietitian! Join us for a Chef-prepared meal and learn nutrition tips!

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

**Monday, September 16<sup>th</sup> from 5-6:30pm – Sobeys Westside**

**Wednesday, September 18<sup>th</sup> from 11-12:30pm – Sobeys Aberdeen**

**Wednesday, September 18<sup>th</sup> from 5-6:30pm – Sobeys Aberdeen**

### **Cooking for Heart Health**

**FREE**

Come learn how to cook heart healthy foods with the dietitian! Try a sample and take home better for your heart recipe ideas.

**Tuesday, September 24<sup>th</sup> from 5-6:30pm | Increase Fibre – Sobeys Westside**

**Wednesday, September 25<sup>th</sup> from 12-1:30pm | Healthy Fats - Sobeys Aberdeen**

**Please pre-register for all events by contacting Teresa, Registered Dietitian**  
**Voicemail: 902-755-3645, E-mail: [teresa.flynn@sobeys.com](mailto:teresa.flynn@sobeys.com)**  
**Go to [sobeyspharmacy.com/newsletter](http://sobeyspharmacy.com/newsletter) to receive these monthly events by email.**

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