



Nutrition Events

A world of healthy ideas for you!

Sobeys
Dietitians

September 2019 Mumford Rd. & Windsor St. Sobeys

Healthy Cooking Classes

\$15

Our dietitian and chef will entertain you and introduce you to healthy foods prepared in a way you and your family will love. You will learn cooking skills, eat a delicious meal and take home nutritious recipes.

Menu: Beef and Mushroom Melts, Sautéed Vegetable Medley, Sweet Potato Fries with Curry Dip, Apple Nachos

Monday, September 16th | 6pm – 8pm | Mumford Rd.

Wednesday, September 18th | 11am – 1pm | Windsor St.

Secrets to Better Heart Health

FREE

Discover how making small changes can have a positive impact on your health. You will get new ideas on adding healthy fats, vegetables and beans to your meals. You will also learn about products higher in fibre and lower in sodium. This session also includes a low sodium store tour.

Tuesday, September 10th | 2pm – 4pm | Windsor St.

Taste and Learn: Heart Healthy Dips

FREE

Learn how to add flavor to your meals and snacks with these heart healthy dips. Join our class and try new recipes. Get inspired, try samples and take recipes home.

Monday, September 9th | 6pm – 7pm | Mumford Rd.

Wednesday, September 25th | 2pm – 3pm | Windsor St.

Munch & Move

FREE

Trying to lose weight or improve heart health? Get moving with our walking group! Take a walk at your own pace, then join our dietitian for a snack and nutrition talk. Meet in the community room.

Thursday, September 19th | 10am – 12pm | Mumford Rd.

Your DNA and Nutrition Connection*

Decode your DNA to help find the right nutrition for your body.

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 for an event please contact

Noelle, Registered Dietitian | voicemail: 902.455.0749 | email: noelle.deon@sobeys.com

Go to www.sobeyspharmacy.com/newsletter to receive these monthly events by email.

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