



Guelph CHC
growing healthy together



Nutrition Workshops
12:30-2:30pm

For more information call our Dietitians at 519-821-6638

- Drop-In
- Yummy Food
- No Cost
- Bring a Friend

Downtown - 176 Wyndham St. N.

Jan 11	How to Eat Healthier
Feb 8	How to Save Money on Food
Mar 14	How to Make Low-Budget Meals
Apr 11	How to Plan Healthier Meals
May 9	How to Eat When You're Depressed
Jun 13	How to Eat 'In Season'
Sep 12	How to Eat to Lose Weight
Oct 10	How to Eat Smart for Your Heart
Nov 14	How to Feed Your Kids
Dec 12	How to Eat When You Eat Out

Shelldale - 20 Shelldale Cres.

Jan 25	How to Eat to Lose Weight
Feb 22	How to Eat Smart for Your Heart
Mar 28	How to Feed Your Kids
Apr 25	How to Eat When You Eat Out
May 23	How to Read a Food Label
Jun 27	How to Eat Healthier
Sep 26	How to Make Low-Budget Meals
Oct 24	How to Eat to Boost Your Immune System
Nov 28	How to Eat When You're Depressed