



## Health and Wellbeing: Nutrition Talk and Tour

Join our nutrition tour, where you will learn practical tips on nutrition. In this workshop, you will learn about:

- Exploring local markets and discovering nutritious food choices.
- Tips for creating balanced meals, reading food labels, and making healthier choices.
- Insights from nutritionists and wellness experts for a healthier life.
- Q&A

For more information and to register contact:  
Front Desk, [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca) or  
604-988-2931

### Workshop Highlights

Thursday, February 26

2:00 pm – 4:00 pm

Join us for a nutrition tour where you will learn practical tips on nutrition, explore local food options, and connect with others!

**Guest Speaker:** Damaris Campbell, Registered Dietitian, SaveOnFoods

### Details:

This workshop will be presented in English with support in Farsi.

This workshop is open to all newcomers and im/migrants.

**In-Person, Save-On-Foods, Lynn Valley Centre**  
2770 Lynn Centre Ave, North Vancouver

To participate in this workshop, you must be registered as a client with Impact North Shore.

This program is government funded and free of charge.

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