



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 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.

Funded by / Financé par: