

HELD AT THE PETAWAWA LIBRARY IN THE ROTARY ROOM



The Pillars of Health : Eat , Sleep and Exercise your way to your best self
Tuesday, September 26th, 2017
1:00-2:30 pm

Meal Planning 101 : From the grocery aisle to your plate
Tuesday, October 17th, 2017
1:00-2:30 pm

*Extra Class: **My Best Weight- a jumpstart to weight management**
Tuesday, November 21st, 2017
1:00-2:30 pm

Ditch & Switch : Turn your packaged staples to healthier homemade dishes
Tuesday, November 28th, 2017
1:00-2:30 pm

Mindful Holidays : Enjoying holiday treats without tipping the scale
Tuesday December 12th, 2017
1:00-2:30 pm

Cancer: Foods to help prevent, treat and recover
Tuesday January 16th, 2018
1:00-2:30 pm

How to feed a broken heart
Tuesday February 13th, 2018
1:00-2:30 pm

March: Nutrition Month
Tuesday March 20th, 2018
1:00-2:30 pm

Prebiotics, Probiotics and Leaky Gut
Tuesday April 17th, 2018
1:00-2:30 pm

Open to everyone (not just patients of the clinic).
Please call ahead to register 613-687-7641
Thank you

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Feeding your Mind- how eating well can improve mental wellness

Tuesday May 22nd, 2018

1:00-2:30 pm

Diets New and Old: Why you shouldn't waste your time or money

Tuesday June 12th, 2018

1:00-2:30 pm

**Open to everyone (not just patients of the clinic).
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Thank you**