



# Nutrition Events

A world of healthy ideas for you!

**Sobeys**  
Dietitians

## February 2018 Dietitian Classes - Waterloo

### **Eat Better, Feel Better Program (FREE)**

**Date:** Every Thursday from February 1<sup>st</sup> – March 15<sup>th</sup> from 5:30-7 pm

**Location:** Northfield Sobeys

This program will guide you through making lifestyle changes to improve your health. Topics covered include balanced eating, label reading, mindful eating, strategies for eating out, meal planning and more! Spots are limited!

### **Taste & Learn: Avocados (FREE)**

**Date:** Wednesday February 7<sup>th</sup> from 5-6 pm

**Location:** Northfield Sobeys

Discover delicious new avocado recipes and learn all about the nutrition benefits of this heart healthy fruit. Small samples and take home recipes provided.

### **Cooking for Heart Health (FREE)**

**Date:** Tuesday February 13<sup>th</sup> from 2-3:30 pm

**Location:** Northfield Sobeys

Join this class to learn heart healthy recipes and tips for including more fibre and healthy fats in your meals. Small samples and take home recipes provided!

### **Taste & Learn: Tofu (FREE)**

**Date:** Wednesday February 21<sup>st</sup> from 2-3 pm

**Location:** Columbia Sobeys

Curious to try tofu? Join this class to learn delicious ways to disguise it into your recipes! Small samples and take home recipes provided.

### **Cooking for Heart Health (FREE)**

**Date:** Tuesday February 27<sup>th</sup> from 2-3:30 pm

**Location:** Northfield Sobeys

A continuation of the February 13<sup>th</sup> class featuring different recipes and tips for heart health!

### **Locations:**

Northfield Sobeys: 640 Parkside Drive (Bus routes 9, 14, 200)

Columbia Sobeys: 450 Columbia Street West (Bus routes 201 and 13)

To register for classes, visit the Pharmacy at the respective Sobeys location or contact Sobeys Dietitian Chelsea at (519)-746-7415 or [chelsea.allen@sobeys.com](mailto:chelsea.allen@sobeys.com). To receive this monthly schedule by email, please sign up at the following link: [www.sobeyspharmacy.com/newsletter](http://www.sobeyspharmacy.com/newsletter)

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