

AN INTRODUCTION TO

Heart Healthy Eating

NUTRITION PROGRAM

Are you interested in learning more about heart healthy eating? Join our Community Dietitian for this 1-hour nutrition workshop and discover nutrition strategies to improve your heart health. Take the first step towards a healthier lifestyle today!



LOCATION

Virtual

Virtual

Smith Falls

DATE

November 20, 2024

January 17, 2025

February 25, 2025

TIME

6:00 - 7:00 PM

2:00 - 3:00 PM

9:30 - 10:30 PM

For more information and to register, contact 613-283-1952



Rideau Community
Health Services

Your Community Health Centre

RGHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve