

INTUITIVE EATING WORKSHOP

NUTRITION SERVICES

O h d u q # r # h w # j r # r i g l h w l q j # r # u x v w # | r x u # e r g | ã #
l q w x l w l r q # d q g # k h d o # | r x u # h o w l r q v k l s # z w k #
i r r g # d q g # | r x u # e r g | #



Dates: Tuesdays, September 5, 12, 19, 26 & Oct 3

Time: 5:00pm-6:30pm

Location: Virtual

For more information, contact rdecouvreur@rideauchs.ca



Rideau Community
Health Services

Your Community Health Centre

Photo from: <https://bpar.org/what-is-healthy-eating-talking-about-mindfulness-and->

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.