



SHC Dietitians Cook!

Nutrition Month 2014 - Inspiring Healthy Meals

March is
Nutrition Month!

Demos Series:

March 6, 1-1:30 pm

March 11, 12-12:30pm

March 20, 12:30-1pm

Location: South
Health Campus
Wellness Kitchen

Healthy eating can be quick, easy, affordable & delicious!!

SHC Nutrition Services Dietitians and the SHC Wellness Center invite you to a **FREE Cooking Demo** in the Wellness Kitchen.

Come see what's cooking! Everyone is welcome!

Thursday, March 20th 12:30 -1:00pm
Breakfast To Go Without the Drive-Thru

Breakfast on the run and not lovin' it? Learn to create your own tasty & healthy breakfast foods to take on the road! There's always time for breakfast!



Sponsored by South
Health Campus
Nutrition Services and
the Wellness Centre