

Free healthy nutrition for adults seminar on Tuesday

Active Comox Valley is pleased to offer a free healthy adults nutrition seminar thanks to the sponsorship of Thrifty Foods.

This is one in a series of 'Nutrition for You Seminars' being offered to residents of the Comox Valley.

This seminar discusses how eating well will give you the energy to do the things you enjoy. Whether you have high blood pressure, high cholesterol or diabetes, or want to

prevent these issues, you'll learn about the right foods to choose.

Quick and easy recipes will be provided and participants will be eligible to win a Thrifty Foods gift card.

When: Tuesday, October 13th from 7:00 - 8:30 pm

Where: Cumberland Cultural Centre

How: Call 250-336-2231 to register as space is limited.

FMI: www.activecomoxvalley.ca/nutritionseminars