

# Nutrition seminar meant for adults

Active Comox Valley offers 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, this seminar will highlight which foods to choose.

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

The seminar takes place Tuesday, Feb. 9 at the Florence Filberg Centre in Courtenay, 7 to 8:30 p.m.

Call 250-338-5371 or 250-338-1000 to register as space is limited.

For more information about upcoming seminars throughout the year, call 250-890-9116 or visit [www.activecomoxvalley.ca/nutritionseminars](http://www.activecomoxvalley.ca/nutritionseminars).

— *Active Comox Valley*