

# **Free 'healthy aging' nutrition seminar offered in Comox**

Active Comox Valley is pleased to offer a free healthy aging 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, geared to those aged forty and up, will educate on how to age with energy, vitality and health. Discussions will include how a diet rich in antioxidants, fibre and good fats can help promote better health.

Quick and easy recipes will also be provided and participants will be eligible to win a Thrifty Foods gift card. Pre-registration is required so sign up now as space is limited.

**When:** Wednesday, January 20th from 7:00 - 8:30 pm

**Where:** Comox Community Centre

**How:** Call 250-339-2255 to register

For more information about upcoming seminars, contact your local recreation centre or visit [www.activecomoxvalley.ca/nutritionseminars](http://www.activecomoxvalley.ca/nutritionseminars)