

You Can Eat Healthy With Quick & Easy Meals

Guest Speaker: Judith Fraser,
Public Health Community Food Advisor

Wednesday, May 30th, 2018

10:00 - Noon, Pfizer Room

Alzheimer Society of Niagara Region
#1 - 403 Ontario St., St. Catharines

Topics include:

- The meaning & benefits of healthy eating
- Making healthy food choices
- Time-saving strategies & stocking a basic pantry
- Tools, techniques, & meal ideas
- Cooking with others

REGISTER TODAY!

905-687-3914

RSVP by May 23/18



**SCENT
FREE
ZONE**

Scent Free Zone: Please do not wear perfume, cologne, aftershave, or any other fragrance. For the comfort of everyone using this space, be advised that this policy is enforced. If you are wearing a fragrance, you may be asked to leave the building. Thank you for your cooperation and understanding.