IMMIGRANT SERVICES Guelph-Wellington



We are pleased to host a variety of workshops and information sessions for newcomers. Sessions take place in-person and/or online using Zoom and are an excellent opportunity for clients to gain knowledge around topics of specific interest to them.

Everyone is welcome! For a complete list of upcoming events go to: **www.is-gw.ca/events/**

Healthy Eating and Diet

In person at ISGW



Image by rawpixel.com

CLICK HERE to register.
https://is-gw.ca/event/healthy-eating-and-diet-2/

Tuesday, November 24
11:00 am - 12:30 pm

Join us in person at ISGW to learn about healthy eating with community dietitian **Shin Low** from Guelph Community Health Centre.

We will talk about:

- Healthy dietary and lifestyle management for people living with chronic conditions, including diabetes, high cholesterol, and high blood pressure
- Use of vitamins and supplements
- Pros and cons of canned, fresh, and frozen foods

Space is limited. You must register in advance to attend the session.

For more information, contact **Lulia** at 519-836-2222, ext. 235 or lisaias@is-gw.ca

IMMIGRANT SERVICES Guelph-Wellington

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