



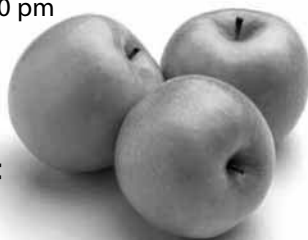
Nutrition Programs

Healthy Eating and Beyond

Meaghan Wallace, RD

In this 8 week program you will learn why the foods you eat are so important to your health and well being. The dietitian will equip you with tools to make the best choice for you. Some of the topics covered include eating out, menu planning, carbohydrates, and label reading.

8 weeks - \$100+ gst
Wednesdays 7:00 pm - 8:00 pm
Start date: April 14th
Barcode: 60397



Weight Management Program

Meaghan Wallace

This is a program designed for people who want to reach a healthier body weight. No fad diets here, the dietitian will teach you about energy balance, portion sizes, and how to eat to boost your metabolism. This program is geared for people who are overweight and are trying to achieve a healthy BMI.

8 weeks - \$100+ gst
Mondays 6:00 pm - 7:00 pm
Start date: April 12th
Barcode: 60398

Prenatal Nutrition

Meaghan Wallace, RD

A course designed for women who are pregnant or hoping to be pregnant in the near future. We will look at foods to eat and avoid during pregnancy, healthy weight gain, and feeding your infant.

3 weeks - \$37.50 + gst
Tuesdays 6:30 pm - 7:30 pm
Start date: May 18th
Barcode: 60400

Personal Best- The Other Half

Meaghan Wallace, RD

Designed to complement the Personal Best program. This course focuses on what and how to eat to maximize your nutrition status to ensure optimal exercise performance. Open to anyone who wants to get the most out of their exercise routine.

4 weeks - \$50 + gst
Tuesday @ 6:00 pm – 6:50 pm
Start Date: April 13th
Barcode: 60401

Diabetes Management

Meaghan Wallace

Are you at risk of developing or currently have diabetes? This program will provide you with the latest information on lifestyle and diet modifications to control diabetes.

8 weeks - \$100 + gst
Mondays 1:00 pm – 2:00 pm
Start Date: April 12th
Barcode: 60402

