

Nutrition Month 2009




Finding Balance

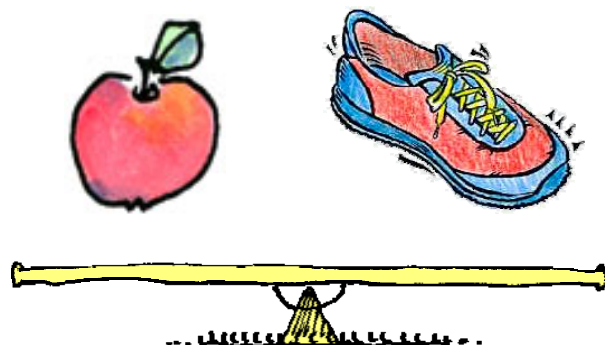
Healthy Eating and Active Living tips for everyday

Is your family trying to find balance?

Don't let your busy schedules get in the way.

Come learn about:

-  Fuelling your family the healthy way
-  Realistic tips for putting healthy living into action
-  Simple, fun ideas for getting active as a family



Make it happen. Start living the healthiest lifestyle possible!

***FREE 1 hour long presentation by Registered Dietitians and Community Health Nurses.
Please phone in advance to register.***

Site	Registration Information	Date	Time
Mill Woods Public Library 601 Mill Woods Town Center 2331-66 Street	780-496-1818	March 10, 2009	7:00 PM
Lois Hole Public Library 17650- 69 Avenue	780-442-0888	March 12, 2009	7:00 PM
Whitemud Crossing Public Library Whitemud Crossing Shopping Center 4211- 106 Street	780- 496-1822	March 18, 2009	7:00 PM
St. Albert Public Library 5 St. Anne Street (St. Albert Place)	780- 459-1682	March 19, 2009	7:00 PM
Londonderry Public Library 110 Londonderry Mall 137 Avenue & 66 Street	780-496-6708	March 24, 2009	7:00 PM