



... A series of nutrition sessions are being offered to students and staff:

All sessions on **Thursdays from 12:30-1:30**

November 5: **Eating Vegetarian:** *Rm 103 SUB*

Bring all questions you may have about getting enough of the nutrients you need, while eating vegetarian or vegan.

January 21: **Weight Management Strategies:**
McConnell Hall, Sr. Rm

Find solutions to be at your healthiest weight and adopt a peaceful, satisfying relationship with food.

February 11: **Eating on a Budget :** *McConnell Hall, Sr. Rm*

How do I decrease my grocery bill and prepare good nourishing foods? Find out here.

February 25: **Eating for Energy:** *McConnell Hall, Sr. Rm*

Find helpful tips on eating to maximize energy when under stress.

Everyone welcome. No fee. Feel free to bring your lunch!

Offered by the Student Health Centre Dietitian, Ellen MacIntosh-Harris, R.D.

Nutrition For YOU !