



**Independent Living Resource Centre
3rd Floor Portage Place 311A – 393 Portage Ave**

Nutrition 101: Making Informed Healthy Choices



- ✚ **Understand the benefits to eating well**
- ✚ **Learn how to interpret and use the nutrition information found on food labels.**
- ✚ **Become aware of the food programs found in Canada.**
- ✚ **Develop an understanding of the terminology used on food labels such as organic, “best before date” and GMO.**

SPEAKER: WRHA’s Community Nutrition Educator

DATE: Tuesday, November 28, 2017

TIME: 1:30PM – 3:30PM

**PLACE: 311A – 393 Portage Avenue
3rd Floor of Portage Place**

For further information and/or to register contact Chelsey Sommerfield at
(204) 947 – 0194. Or, e – mail at: workshops@ilrc.mb.ca.

We encourage those interested in attending to please register.
Registration ensures notification of workshop changes (such as date or time).

Webcasting is available upon request

ILRC is a scent free environment