

HEALTHY EATING AND DIET

**JOIN US ON
THURSDAY, SEPTEMBER 24, 2020
FROM 4:00PM TO 5:00PM**

Guest Speaker: Sarah Perissinotti
Windsor Essex Community Health Centre: Dietitian

To learn about the following:

- Food choices.
- Eating habits.
- Tips for healthy eating.

**For more information, please contact
Wissal Mohamed, Orientation Counselor
519-999-6745
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Registration Information: Registered clients will receive an invitation prior to the date of the session and they will be provided with the ZOOM ID and password.

Client Eligibility: Permanent Resident, Convention Refugees

Registration Deadline: Monday, September 21, 2020



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Please email: services@ncce1.org for more information

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