

## HEALTHY EATING & DIET



JOIN US ON ZOOM:

**THURSDAY, APRIL 7, 2022**

**FROM 4:00 PM TO 5:00 PM**

**GUEST SPEAKER: SARAH PERISSINOTTI**  
DIETITIAN – WINDSOR-ESSEX COMMUNITY HEALTH CENTRE

To learn about the following:

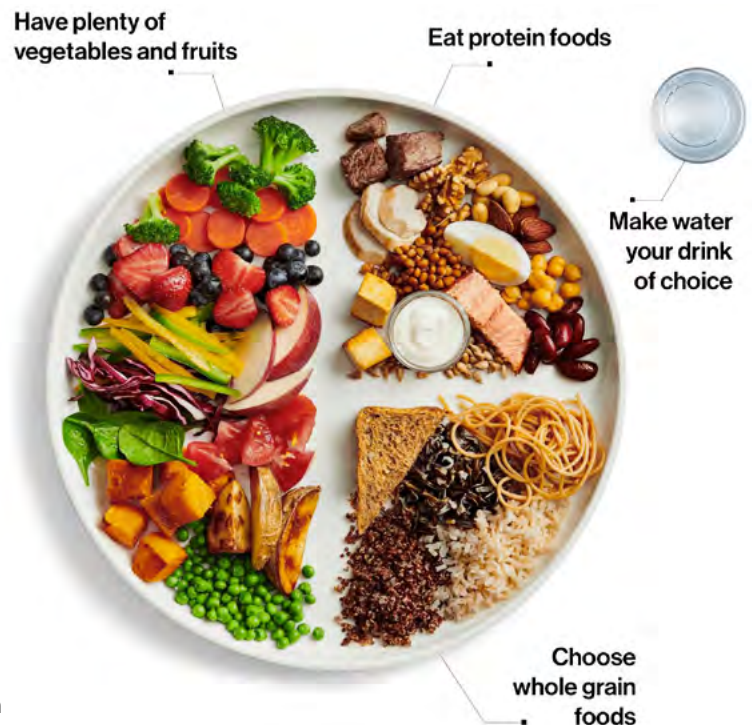
- Food choices.
- Eating habits.
- Tips to keep your body health.

For more information, please contact Wissal Mohamed,  
by phone **519-999-6745** or email [wmohamed@ncce1.org](mailto:wmohamed@ncce1.org)

Registration Deadline: Tuesday, April 5, 2022

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 Residents and Convention Refugees



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