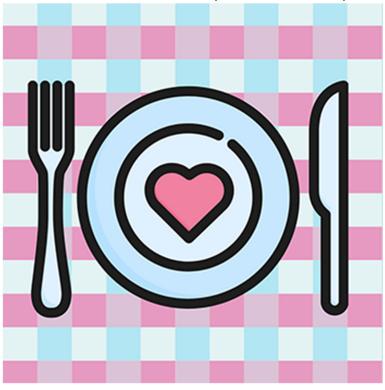
INTUITIVE EATING WORKSHOP

NUTRITION SERVICES

Ohduq#wr#bhw#jr#r#glhwlqj/#wr#wwww#|rxu#erg|Ãv#lqwxwlrq#dqg#khdo#|rxu#hodwlrqvkls#zwk#irrg#dqg#|rxu#erg|#



Dates: Tuesdays, September 5, 12, 19, 26 & Oct 3

Time: 5:00pm-6:30pm

Location: Virtual

For more information, contact rdecouvreur@rideauchs.ca



Photo from: https://bpar.org/what-is-healthy-eating-talking-about-mindfulness-and-