

Nutrition Education Classes

**Registration required.*

Introduction to Healthy Living

Taught by Registered Dietitian Victoria Craig



- Talk held the 2nd Thursday of each month from 3-4:15pm
- Talk is in Suite 104 at the Jenny Trout Centre
- Goal is to get you on the right track towards building habits that promote lifestyle change for meeting your healthy eating goals.
- Topics include; exercise, balanced meals, snacks, cooking methods and more!
- Follow up options will be discussed in class.

Heart Healthy

Taught by Registered Dietitian Victoria Craig and Registered Nurse Jenny Carter

- Talk held the 3rd Thursday of each month from 3-4:15pm
- Talk is in Suite 104 at the Jenny Trout Centre
- Goal to aid in promoting heart health and management of high blood cholesterol and/or Triglycerides and high blood pressure
- Topics include types of fats, label reading, meal planning, fibre, and more!
- Follow up options will be discussed in class.



Pre-Diabetes and Diabetes

Taught by Registered Dietitian Victoria Craig and Registered Nurse Andrea Thompson and Pharmacist Lisa Murray

- Talk held the 4th Thursday of each month from 1-2:45pm
- Talk is in Suite 104 at the Jenny Trout Centre
- Goal to prevent/help with the management of Diabetes and pre-Diabetes
- Topics include; foods that raise blood sugars, balanced meals, carb counting, label reading, exercise and more
- Follow up options will be discussed in class.



To register for any of these free one time talks, please call The Stratford Family Health Team at (519)273-7017 or register at the front desk today!

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team