

May 2012 Howley Estates Nutrition Events

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| Controlling Your Blood Sugars
Learn how to control your blood sugars, read nutrition labels and stay healthy.
Wednesday, May 16, 10 am – 11:30 am | Free |
| Take Charge of Your Cholesterol
Learn how food choices and other lifestyle changes can improve your heart health.
Wednesday, May 16, 1 pm – 2:30 pm | Free |
| Blood Pressure
Find out how to control your blood pressure by eating certain foods and reading food labels.
Wednesday, May 23, 10 am – 11:30 am | Free |
| What to do with...Quinoa (Keen – wah)!
Find out how to add this ancient grain to your everyday cooking!
Wednesday, May 23, 12 noon – 1 pm | Free |
| Nutrition Label Reading Tour
Confused about food labels? Tour the store and learn what's inside packaged foods.
Tuesday, May 29, 1:30 pm – 3 pm | Free |
| Rushing for Supper Ideas?
Take a quick tour with our dietitian and get 5 supper ideas that can be on the table fast!
Wednesday, May 30, 2 pm – 3 pm | Free |

To register, call Dietitian Susan Rideout at 738-6997
or e-mail susan.rideout@sobeys.com