



Health Series

Join these sessions facilitated by the
SADPP (FHC) Registered Dietitian to learn about:

Session 1: Carbohydrate Counting-July 25, 2024 at 1:00 pm-2:00 pm

Foods containing high levels of carbohydrates, how to calculate the right amount of carbs per day and what is too much for a diabetic person.

Session 2: Weight Management-August 1st, 2024 at 1:00 pm-2:00 pm

The impact of excessive weight on health and create a healthy balance of nutrition and physical activity to achieve and maintain an ideal weight.

For information & registration:

Tel: 416-707-8259 OR Email: Zarmeena.Khan@cicscanada.com

Password will be given upon registration Zoom ID: 837 7839 5625

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