Free Nutrition Classes

Healthy Eating, Simplified

Healthy eating doesn't have to be a tough nut to crack. With so much mixed-up advice out there, it's easy to feel lost at the table. Join our registered dietitians as they serve up simple, bite-sized tips to help you make sense of it all—and enjoy the process too! On the menu: building balanced meals, key nutrients for your body, meal and snack planning, decoding food labels, mindful eating, and goal setting.

Meal Planning

Busy days can make it hard to cook healthy meals at home. But with a few easy tips and tricks, you can whip up tasty, nutritious meals in no time! Join our registered dietitians as they dish out simple ways to plan and prep meals that save time, cut costs, and take the stress off your plate—while helping you reach your healthy eating goals.

Grocery Store Tour

Healthy eating starts in the grocery aisle—but with so many choices, it's easy to miss the key ingredients. Join our registered dietitians for a fun in-store tour where they'll help you shop smart, read food labels, stick to your budget, and pick the best bites for your health. Let us help you sort the sweet from the sour and fill your cart with confidence!

Make it Mediterranean

The Mediterranean diet is a real recipe for good health! Research shows it can help keep your heart strong, lower blood pressure, and balance blood sugar — all while tasting great. Join our registered dietitians as they serve up the secrets of this healthy eating style and serve up easy tips to help you add a little flavor to your daily meals.

Balancing Blood Sugars

New to managing diabetes or have been doing it awhile? This class can help! Learn why blood sugar spikes, how to watch it, and what happens if it stays high. Our dietitians share easy tips to keep you on track. Bring your questions and take-home helpful resources!

* Classes are intended for adult learners only *

To register, call **780-960-9533 Ext. 4**

or visit **www.westviewpcn.ca**

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