

New!

Healthy Food, Healthy Families

\$2.00

**Date: February 16th - Class session with a
Public Health Nurse
February 22nd or 24th- a tour of Save
On Foods with a Nutritionist.**

Time: 6:30– 8:00 pm

Place: Penticton Community Centre



*Our Community
Working Together*



Do you have a picky eater at home? Do you struggle to make healthy food choices for your family? A public health nurse will discuss toddler nutrition and healthy food relationships for you and your toddler. At the second class a nutritionist will take you on a tour of Save on Foods to show you how to read labels and understand food choices.

**For registration,
Call 250-490-2426 or
Online at www.penticton.ca (Recreation guide)**