



## **General Nutrition March 6, 2020 10:30am – 12:00pm**

Presentation for individuals wanting to learn general nutrition tips

### **Learning Outcomes:**

- Review relationship between food and health
- Review Canada's Food Guide
- Review label reading
- Review Fat, Sugar and Sodium

### **Target Audience:**

Clients and health care providers

### **Speaker Info:**

Paige Thomsen, Registered Dietitian working in Morley for Stoney Health Services with the Stoney Nakoda First Nation

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