



# *Upcoming Programs*

**All Welcome– Come Join Us!**

## **Vegetarian Cooking**

**Tues., May 10, 2011**

**1:30-3:30 pm**

## **Nutrition & Your Toddler**

**Thurs., May 19, 2011**

**1:30-2:30 pm**

**Location: South Side PMFRC, 1578 Wolfe Ave, Petawawa .**

## **How to Lose Weight Without Going on a Diet**

**Wed., May 25, 2011**

**5:30-6:30 pm**

## **Sodium: The New Thinking**

**Tues., June 28, 2011**

**1:30-3:30 pm**

## **Gastroesophageal Reflux Disease (GERD)**

**Wed., June 29, 2011**

**5:30-6:30 pm**

**Menopause**

Tues., July 5, 2011

1:30-3:30 pm

**Omega 3's**

Wed., July 27, 2011

5:30-6:30 pm

**Advanced Glycation End Products (AGES)**

Wed., August 31, 2011

5:30 - 6:30 pm

**To register call  
613-687-7641**

**All sessions**

(excluding 19 May – Nutrition & Your Toddler at PMFRC)  
**will be held in the Petawawa Centennial Family  
Health Centre, west wing Program Room  
(Main Front Entrance, Left Door)**

154 Civic Centre Road,  
Petawawa, ON,  
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