

Health Zone Nurse Practitioner Led Clinic
Tatiana Pyper, Registered Dietitian

COME COOK WITH US!

**Come learn about nutrition and develop cooking skills while
having fun in the kitchen!**

Try our new recipes!

Cooking classes are offered for free for adults ages 18-46 years old

Do you have Diabetes?

Are you trying to lose weight?

Do you have High Blood Pressure?



Do you have Heart Disease?

WHERE? Family Centre Carling-Thames 519-432-0488
335 Belfield Street London, ON (attached to Northbrae Public School)

WHEN? Thursdays from 1:30pm –3pm in July and August (no classes will be offered on July 21st and August 18th)

To register please email Tatiana: tpyper@healthzonenplc.ca
or call 226 785 1923