

**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? Salvation Army Westminster Park Church 519-668-0025
1190 Southdale Rd E, London ON N6E 1B2**

**WHEN? Mondays from 1:30pm -3pm in July and August (no class will be offered
on August 1st)**

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