

# ***Nutrition Promotion:***

***Resources for promoting healthy eating in your workplace***



**Networking Session**  
**Thursday, January 21, 2010**  
**12:00 noon - 2:00 p.m.**

*Presented by:*



Region of Waterloo  
PUBLIC HEALTH

**projecthealth.ca**

Supporting Healthy Workplaces

**Speaker:**

**Ellen Curitti, M.Sc., RD**, Region of Waterloo Public Health  
Acting Public Health Nutritionist

**Key Topics:**

- Discover tools and resources to support healthy eating in your workplace.
- Learn healthy eating promotion strategies for workplaces without cafeteria services.
- Find out about the Eat Smart! Workplace Cafeteria Program.
- Receive a copy of our "Healthy Eating Toolkit for Workplaces".

**When:** Thursday, January 21, 2010, 12:00 noon - 2:00 p.m.  
*(Registration and light lunch from 11:30 a.m. - 12:00 noon)*

**Where:** 99 Regina St. S., Waterloo (corner of Regina & William), Room 508  
No cost to workplaces in Waterloo Region

**To register:** Log on to ***www.projecthealth.ca*** or call the Project Health  
phone line at **519-883-2287**