



Healthy Eating:
Promoting Nutrition in your
Workplace

Networking Session
Thursday, June 26, 2008
12:00 noon - 2:00 p.m.

Presented by:



projecthealth.ca

Supporting Healthy Workplaces

Speaker:

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

Key Topics:

- why healthy eating is important
- basic principles of healthy eating
- strategies to promote healthy eating in your workplace

When: Thursday June 26, 2008

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(Registration and light lunch from 11:30 a.m. - 12:00 noon)

Where: 99 Regina St S., Waterloo (corner of Regina & William),
Room 508

To register:

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