

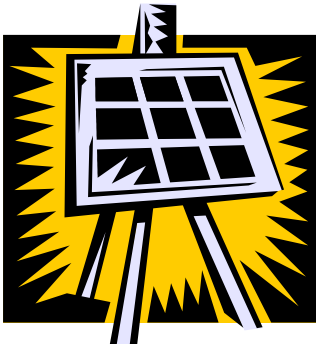


Healthy Eating: Promoting Nutrition in your Workplace

Thursday June 26, 2008
12 - 2 pm

Agenda

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|-----------------|--|
| 11:30 am – noon | Registration and Light Lunch; Viewing of displays |
| 12:00 pm | Welcome and Introduction of Speaker
Gretchen Sangster, Public Health Nurse, Project Health |
| 12:05 pm | Ellen Curitti , Acting Public Health Nutritionist
Nutrition 101 |
| 12:50 pm | Stretch Break, Ruth Dyck, Public Health Nurse, Physical Activity
Promotion |
| 1:00 pm | Ellen Curitti , Acting Public Health Nutritionist
Strategies to promote healthy eating in your workplace |
| 1:45 pm | Wrap Up
Session Evaluation
Ballot Draw |



Displays and Print Resources available on the following topics:

- Eat Well, Be Active
- Kitchen with Heart
- 4 Steps to Stronger Bones