

COMMUNITY CONNECTIONS  
PROGRAM

# HEALTH AND NUTRITION

Join us for a 3-Part  
Nutrition Workshop Series

Healthy Eating Habits

Tuesday, March 30, 2021 11:00 am

Eating for Energy

Tuesday, April 20, 2021 11:00 am

Healthy Eating on a Budget

Tuesday, May 4, 2021 11:00 am



**Welcome Centre - Ajax**  
458 Fairall Street, Unit 5  
Ajax, ON L1S 1R6

**Toll-free: 1-877-761-1155**

**[www.welcomecentre.ca](http://www.welcomecentre.ca)**



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