



## **Communicating With Your Health Care Professionals**

Tuesday April 24, 2018 7 pm - 7:45 pm Online Workshop

## **Power of Attorney for Personal Care**

Monday May 14, 2018 7 pm - 7:45 pm Online Workshop

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/6829093805>

Or iPhone one-tap: Canada: +16475580588,,6829093805#

Or Telephone: Dial(for higher quality, dial a number based on your current location): Canada: +1 647 558 0588 US: +1 646 876 9923 or +1 669 900 6833 or +1 408 638 0968 Meeting ID: 682 909 3805

## **Reminder Nutrition Book Club Schedule for Sessions 2 through 7 from March 19 to May 7 at 7 pm**

Staying Healthy With Nutrition Session 2. Read Chapter 2 Carbohydrates prior to session Monday March 19.

Staying Healthy With Nutrition Session 3. Read Chapter 3 Proteins Tuesday April 3.

Staying Healthy With Nutrition Session 4. Read Chapter 4 Lipids-Fats and Oils Monday April 9.

Staying Healthy With Nutrition Session 5. Read Chapter 5 Vitamins Part 1, pages 83 to 108 Monday April 16.

Staying Healthy With Nutrition Session 6. Read Chapter 5 Vitamins Part 2, pages 109 to 147 Monday April 23.

Staying Healthy With Nutrition Session 7. Read Chapter 6 Minerals Part 1, pages 148 to 215 Monday April 30.

Staying Healthy With Nutrition Session 8. Read Chapter 6 Minerals Part 2, pages 216 to 248 Monday May 7.

Remember to fill in your question worksheets before each discussion.

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More dates will be posted in May for upcoming chapters.

You can still register by emailing with Join book club in the subject line. Once you register you will receive the session information and worksheets.

Hope to see you there,

Cathy Ferren RHN

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