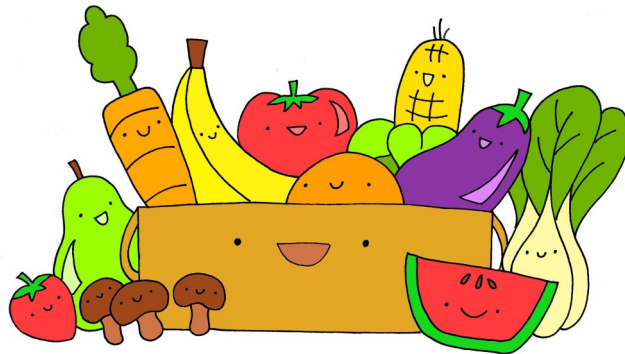


Quinte West

Healthy Eating on a Budget



- WHAT:**
- A 3-part series covering healthy eating on a budget
 - Learn about nutrition, healthy eating and common nutrition myths
 - Learn about budget-friendly shopping, preparation and cooking
 - Ideas for low cost meals and snacks

WHEN: Tuesdays 10am—11:30 am starting November 14

WHERE: 69 Catherine St. Trenton, at Belleville and Quinte West Community Health Centre

FREE & Open to Everyone in the Community!

For more information, please call **613-962-0698**

Please Note: Group programs may be cancelled with short notice due to COVID-19.



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Health & Wellness