

## **Public Service Announcement**

## **Nutrition and weight management workshop**

Start Date: February 3, 2015 End Date: February 4, 2015

Iqaluit, NU 30 sec

Do you want to learn about better nutrition and how to reach a healthy weight?

Join Iqaluit Public Health's regional clinical dietician for a workshop to learn about good nutrition and maintaining a healthy weight. Topics include:

- Pros and cons of fad diets;
- Foods that help us stay on track;
- Tips and tricks for making healthy habits stick; and
- Activities to bring it all together.

The workshop is at Iqaluit Public Health, building 1091, Wednesday, February 4, 2015 at 7 p.m.

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## **Media Contact:**

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