

The Settlement and Integration Program at Burnaby Neighbourhood House Presents

Nutrition Workshop

For Newcomers

An engaging series that will cover:
An introduction to nutrition, cooking and culture, what a healthy plate looks like based on Canada's food guide and much more!

Sessions held on July 14th and 21st
From 11:00 am - to 12:30 pm

Come learn with Svilena, BSc, a UBC Master's student in nutrition and community learning enthusiast.

Pre-registration required and priority is given to PR holders.

Contact amalb@burnabynh.ca
or Call **236-877-2517**



For more information
Please visit
www.burnabynh.ca
Registration in advance
required!



Burnaby Neighbourhood House
4460 Beresford Street
Burnaby, BC V5H0B8



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