

HELPING  
newcomers  
since 1978



We are pleased to host a variety of workshops and information sessions for newcomers. Sessions take place in-person and/or online using Zoom and are an excellent opportunity for clients to gain knowledge around topics of specific interest to them.

Everyone is welcome! For a complete list of upcoming events go to: [www.is-gw.ca/events/](http://www.is-gw.ca/events/)

## Healthy Eating and Diet In person at ISGW

**CLICK HERE to register.**

<https://is-gw.ca/event/healthy-eating-and-diet-vietnamese/>

**Thursday, November 21  
2:00 pm - 3:30 pm**

**Presented with interpretation in Vietnamese.**

Join us in person at ISGW to learn about healthy eating with professional dietitians **Amber Hames** and **Ryan Koop** from Guelph Community Health Centre.

We will talk about:

- Taking supplements
- Managing your diet for:
  - everyday healthy living
  - people with diabetes, or with high blood pressure, high cholesterol
- Pros and cons of canned food vs. fresh
- Food selection for special diets



Image by rawpixel.com

For more information,  
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