

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/

Healthy Eating and Diet In person at ISGW

CLICK HERE to register.

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

**Tuesday, December 3
11:00 pm - 12:30 pm**

Presented with interpretation in Tigrinya.

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



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For more information,
contact **Lulia** at
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