

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-mandarin/>

**Tuesday, November 11
11:00 am - 12:30 pm**

Presented with interpretation in Mandarin.

Join us in person at ISGW to learn about healthy eating with community dietitian **Shin Low** from Guelph Community Health Centre.

We will talk about:

- Healthy dietary and lifestyle management for people living with chronic conditions, including diabetes, high cholesterol, and high blood pressure
- Use of vitamins and supplements
- Pros and cons of canned, fresh, and frozen foods



Image by rawpixel.com

For more information,
contact **Kathy** at
519-836-2222, ext. 239
or kzhao@is-gw.ca

IMMIGRANT SERVICES Guelph-Wellington

104 Dawson Road, Unit 102,
Guelph, ON N1H 1A6
T: 519-836-2222 F: 519-837-2884
www.is-gw.ca

Funded by / Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



United Way
Guelph Wellington
Dufferin