

POWER UP YOUR HEALTH

TAKE CHARGE OF YOUR HEALTH WITH OUR **FREE** CLASSES



The 4 P's for Meal Planning: Cooking Edition!

Learn tips on how to put nutrition knowledge into practice with the 4 P's (Plan, Purchase, Prepare and Pack). This free 1 ½ hour class is presented with the support of the Wellness Kitchen. This class is for Albertans ages 18 and older and includes a cooking demonstration.

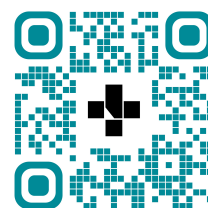
Join us on:

November 20 from 1:30 p.m. – 3 p.m.

at

**South Health Campus Wellness
Centre**

4448 Front Street Southeast, Calgary



Scan the QR code, visit ahs.ca/ahlp, or call 1-844-527-1160 for more information.

