

# Nutrition and Healthy Living



**April 24, 2024**  
**1:30pm - 2:30pm**

**Kit Wah Lau, Settlement Counsellor**

**519-816-6785**  
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**Registration Information:**  
**Zoom – Registered clients will receive an invitation, a day prior to the date of the on-line session**

**It is important to take care of your health and nutrition after moving to a new country. Join this information session and learn more about:**

- Simple tips for healthy snacks
- Strategies for healthy eating
- How to eat healthy food on a budget
- Am I eligible to access food bank services?
- What if I have special dietary requirements?



**Client Eligibility:**  
**Permanent Resident, Convention Refugee**



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

*All of our programs & services including childcare are available at no cost to eligible clients.*