



CREDIT • VALLEY
Équipe de Santé Familiale • Family Health Team

SIMPLE SNACKING

Join Salma Mahmoud, Registered Dietitian and Sabah Ahmed, Registered Nurse for a fun-filled evening where you can learn how to choose healthy snacks for more energy through the day.



FREE



Open to adults only



Refreshments



Available

Food Demonstration

Registration Required

**Tuesday,
December 6th,
2022**

5:00 PM to 7:00 PM

**CreditvaleMills
Community
Wellness Hub**

**1555 South Parade
Ct, Mississauga, ON**

To register: Please call
905-813-1100 x4777
or register online @
cvfht.ca/Snacking