



NUTRITION CLASSES

in the Greater Halifax Area

Sobeys Dietitians Have a World of Healthy Ideas for You

Join one of our classes today

10-Week Healthy Weight	FREE	Tired of losing weight and gaining it back? Attend a healthy weight program and learn how to lose weight the right way. <i>Programs start in January, April and September</i>
Lowering Cholesterol	FREE	Lower your cholesterol by making wise food choices for your heart.
Label Reading Tours	FREE	Are you overwhelmed when reading labels? Tour the store to find out what's in packaged foods. Tours specific to diabetes, heart health and blood pressure also available.
Diabetes Basics	FREE	Learn the basics with our Dietitian and Pharmacist. <i>North & Windsor: the last Tuesday of the month; 1-3:30 p.m.</i> <i>Sackville: the second Tuesday of the month; 1-3:30 p.m.</i>
Bone Health	FREE	Learn how to maintain healthy bones for a lifetime.
Blood Pressure	FREE	Salt savvy? Discover which foods help lower blood pressure. Learn how to shake the salt habit.
Menopause	FREE	Discover which foods keep you healthy and may relieve symptoms during menopause.
Staying Healthy with Celiac Disease	FREE	Find out how to get the nutrients you need while following a gluten free diet.
Healthy Cooking	\$15.00	Discover how to cook healthy, great tasting recipes with our Chef and Dietitian.

You can also book a worksite or community presentation. Contact Laurie Barker Jackman at 454-0281 or laurie.barker@sobeys.com for more information.



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Sobeys Nutrition Team Nova Scotia

Professional Dietitian	Sobeys Store	Contact Information
Laurie Barker Jackman	Community, Halifax Regional Municipality	454-0281 laurie.barker@sobeys.com
Lindsay Fredericks	Lower Sackville Tantallon Clayton Park	865-1710 lindsay.fredericks@sobeys.com
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**Please contact the Sobeys Dietitian
in your area for class schedules.**