

NUTRITION ASSESSMENT AND GOAL SETTING

Are you interested in learning about ways to include healthy foods in your diet?

Wondering about the newest fad diets?

Looking to find an eating pattern that works best for you?

SIGN-UP FOR NUTRITION ASSESSMENT AND GOAL SETTING SESSIONS WITH STUDENTS FROM THE NUTRITION AND HEALTHY LIFESTYLE PROMOTION PROGRAM

You will receive:

- One 45-minute initial assessment and goal setting session, &
- One 30-minute follow-up session

All led by students in the Nutrition and Healthy Lifestyle Promotion Diploma program.

GET MORE INFORMATION

✉ CHL@humber.ca

SIGN UP

🌐 [Registration Form](#)

Sessions offered on Thursdays beginning February 2, 2023.

Appointments available between 3:30 pm and 6:00 pm.

YOU CAN CHOOSE TO MEET IN PERSON AT THE CENTRE FOR HEALTHY LIVING (ROOM A 107 AT THE NORTH CAMPUS) OR VIRTUALLY.