



Family Nourish
HOLISTIC NUTRITION

Family Nutrition Series

*Hosted by Family Well-Being Program & Registered Holistic Nutritionist Krystal Tucci
There will be a Door Prize Draw for those who register & attend ALL sessions!!*

Family Nutrition Series

4 Weeks • 4 Topics • 1 Healthier Family

**Join us for a family-friendly series focused on building healthy habits together!
Each week, we'll explore a new theme!**

Weekly Themes:

- ✓ **FUEL FOR SCHOOL (Oct 14th)** - Explore easy nutritious lunches & snacks that are easy to pack
- ✓ **STRONG ALL SEASON (Oct 21st)** - Immune & lifestyle boosting tips to limit sick days this winter.
- ✓ **BRAIN BALANCE (Oct 28th)** - Exploring how nutrition impacts brain health, mental well-being, neurodiversity through a holistic lens
- ✓ **Nourish your Core (Nov 4th)** - Nutrition tips to support healthy digestion & gut function

Dates: Oct. 14, 21, 28 & Nov. 4th

Time: 5:00 - 7:00pm

Location: Family Services!

**Register with Nina at:
nina.assance@chimnissing.ca or
(705) 247-2175**