www.cityofcape.org/wellnessevents

2019 fall

# HEALTH & WELLNESS SEMINARS

with cape parks AND rec

FREE!

## TEAM MEAL PREP

September 10 | 5:30 - 6:30 p.m. | Osage Centre
Presented by: Christine Jaegers

Meal Prepping can be a lot of work for one person to do alone… Lets join forces and prep together as a team! All you need do is bring two of the ingredients (listed in the event on the @FitCape Facebook page), and you'll leave the seminar with three full meals for the week! It's that easy with a TEAM!

## GUT HEALTH

November 12 | 5:30 - 6:30 p.m. | Osage Centre
Presented by: Dr. Carmen Keith

A healthy gut is often more important than we think! The bacteria in the gut even effects our brain health along with digestive health. Studies have shown endless links between illnesses and gut bacteria. Come learn a bit more about why and how to focus on gut health!

## BIG THINGS WITH SMALL BEGINNINGS

October 8 | 5:30 - 6:30 p.m. | Osage Centre
Presented by: Kasie Jones Holder

It can be overwhelming with all the endless changes to live a healthier lifestyle. Come join us for a walk and talk about how small changes in your diet and exercise over a period of time can equal big results! Pre-registration is required. To register, go to www.cityofcape.org/wellnessevents.

## HEALTHY HOLIDAY COOKING DEMO

December 4 | 5:30 - 6:30 p.m. | Osage Centre
Presented by: Scott Hubbard

Do you feel overwhelmed by the amount of treats and high calories foods that surround us around the holidays? Come and learn healthy food strageries that will help you survive the season.

**Pre-registration is required. To register, go to www.cityofcape.org/wellnessevents.**

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