



# Food Mentoring Program

**Thursday, November 17, 2016  
9:00 a.m. to 3:30 p.m.**

**United Way of Regina**

**1440 Scarth Street**

**After completing this training, individuals will be able to:**

- Have the skills and confidence to plan and deliver basic nutrition education programs
- Plan healthier menus
- Improve healthy eating habits for all ages



**To register for this FREE workshop, please contact  
RQHR Health Promotion Department  
Phone: 306.766.7370 or  
Email: [healthpromotionRQHR@rqhealth.ca](mailto:healthpromotionRQHR@rqhealth.ca)**