

This Autumn, Fall Into Healthy Eating



Autumn Cooking Class

ACS & ECNPLC



The change of season & return to a regular routine makes for the perfect time to **restart Healthy Nutrition Habits**

Join Michelle Watkins, Registered Dietitian
In-Person at 320 Richmond St, Amherstburg ON
Or By **Zoom** <https://us06web.zoom.us/j/84546975672>

Thursday, September 16, 2021 (1:00 – 2:30 PM)

Healthy and Easy Recipes for Breakfast, Snacks & Quick Suppers.

Please call ACS at 519-736-5471 to register.

*Essex County
Nurse Practitioner-Led Clinic*

*Clinique dirigée par du personnel
Infirmier praticien du comté d'Essex*

