



Invites you and your family to attend the:

# Community Wellness Fair & ChooseWell Launch

Wellness Fair / Launch / Activities for Kids  
Information available on healthy living resources in the community.

## PRESENTATION

REGISTERED DIETICIAN  
**Andrea Holwegner, BSc, RD**

P R E S E N T S

**BITE-SIZED CHANGES FOR  
SUPERSIZED RESULTS**

A funny, engaging presentation that looks at simple tips and tricks to improve eating habits, energy and health.



## DETAILS

DATE OF EVENT  
**MARCH 22<sup>nd</sup>**

DROP-IN BETWEEN  
**3:30 - 5:30 PM**

CALGARY, ALBERTA  
**SCENIC ACRES  
COMMUNITY ASSOCIATION**  
8825 Scurfield Dr. NW



For more information, please visit [www.arpaonline.ca/program/choosewell/events/](http://www.arpaonline.ca/program/choosewell/events/)  
or contact **Patrick MacQuarrie** at 780.644.6977