



# Eating Healthy

FOR NEWCOMERS AND CHILDREN

**Thursday, April 25, 2013 | 1:00 - 2:30 pm**  
**Riverdale Community Centre**  
**150 Violet Drive, Hamilton ON**  
**Presented by Bhairavi Kumar, SPRC HPIN**

Be smart and eat smart. Change how you eat to live your best in life. Find helpful information that will help you and your child to achieve healthy living.

For more information contact:  
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[www.IWCHamilton.ca](http://www.IWCHamilton.ca)



Canada

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**HAMILTON MOUNTAIN**  
1119 Fennell Ave E #236  
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**DOWNTOWN EAST**  
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**HAMILTON EAST**  
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