



Fueling Your Gut: High Fibre Cooking

What can fibre do for you? (hint: more than just poop). Join this dietitian-led class to learn how fibre improves blood sugar and cholesterol, supports gut health and immunity, and helps you feel full. (2 hours)

Registration: <https://redcap.link/FuelingYourGut-HighFibreCooking>
or call 587-231-5335

Location: Live Online and in-person demonstrations from
South Health Campus and Arthur Child Cancer Centre



More info: www.ahs.ca/shcwellnesskitchen
(click on Program Guide)
403-956-3939 or wellness.shc@ahs.ca

