



# Rebuilding Health: **High Protein Cooking Class** **New**

Join dietitians to learn why protein is important for health, tricks for sneaking extra protein into every day foods and recipes for easy, high protein snack ideas. (2.5 hours)

**Registration:** <https://redcap.link/HighProteinCookingClass>  
or call 587-231-5335

**Location:** In-person demonstration at South Health Campus



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