



# 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.

**When:** 10:00 am – 12:30 pm

Sept 17, Oct 30, OR Dec 4

(In-person\* demonstration at South Health Campus)

**Registration:** <https://redcap.link/HighProteinCookingClass>

or call 587-231-5335



\*Note: space is limited.



**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)