

Nutrition news

YOUR SOURCE TO RELIABLE HEALTH & NUTRITION INFORMATION

MAY SPECIAL

Purchase an Initial Consultation in May and receive a 7-day Personalized Meal Plan for only \$100 (regularly \$225). Visit danihealth.com/services for details.

Upcoming Seminars & Workshops:

- Wednesday May 6, 9am-12pm. Esquimalt Eats for Health: The Archie Browning Sports Centre.
- Wednesday May 6, 9am-12pm. Hearts @ School: Oak Bay Recreation Centre.
- Thursday, June 18, 6:30-8:30pm. Healthy Eating Class (part 1 of 3): Thrifty Foods, Tuscany Village.
- Thursday July 9, 6:30-8:30pm. Healthy Cooking Class (part 2 of 3): Thrifty Foods, Tuscany Village.
- Thursday July 23, 6:30-8:30pm. Healthy Shopping Class (part 3 of 3): Thrifty Foods, Tuscany Village.
- Tuesday, October 6, 7-9pm. Nutrition & Organic Foods Course. University of Victoria.

For more information, or to book one of our Dietitians to come speak in your workplace, contact info@danihealth.com.

Save on Foods Nutrition Tours

Are you part of a group with a shared nutrition concern?

In addition to our overall healthy eating tours, our dietitian can take you on a specialized tour for any of the following concerns:

- Diabetes - Learn to enjoy healthy eating while optimizing your blood sugar control.
- Heart Health - Learn to manage your cholesterol and blood pressure while still enjoying good food.
- Women's Health - Includes osteoporosis and cancer prevention, plus tips for managing menopause.
- Weight Management - Tips for successful weight loss and maintenance.
- Vegetarianism - Learn how to keep your vegetarian diet nutritionally balanced.
- Sport Nutrition - Everything you need to know for fueling your active lifestyle.
- Nutrition on a Budget - Healthy eating while saving money.
- Feeding a Young Family - Ideas for keeping your family well fed & managing some of the challenges of feeding kids.

We also offer our Kids Tour Program and tours for School Groups. All children and school groups are *free of charge*.

New Office Location

We've moved! Our new office is located the DataTech Business Centre at 1095 McKenzie Ave, Victoria. By appointment only. Home visits still available.

Health Benefits Coverage

Ask if Registered Dietitian is part of your health benefits plan - you may be covered for up to \$500 per year!



Danielle Van Schaick, BSc, R.D.

Registered Dietitian, Speaker

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