

Join us for virtual cooking demo with the Registered Dietitian from the Stroke Prevention Clinic

Topic: Omega 3's and Cardiovascular Health

What you will learn:

- Health benefits of omega 3 fatty acids
- Cooking strategies to increase omega 3 in your diet.
- Healthy eating and cooking tips

Time: Jun 7, 2023 02:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83724527008>

Meeting ID: 837 2452 7008



Thunder Bay Regional
Health Sciences
Centre

For questions about the event call Leanne at March of Dimes 355-5969 or Jody Read RD, Stroke Prevention Clinic at 684-6701.

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STRATEGIC PLAN
2026