

**RSVP
By Feb. 12!**

Food for Thought Community Action Workshop Persons with Disabilities and Healthy Eating



We invite you to participate in a fun-filled Workshop about supporting Healthy Eating and good nutrition for Persons with Disabilities. Our objective is to gain feedback on the subject as well as commentary on the workshop material. You and your office staff could very well benefit from this information session. For more information, please visit our website.

Call today to reserve your spot as space is limited.

PS. We will also provide healthy snacks!



**Independent Living Resource Centre of Calgary
134, 3359 - 27th Street, NE, Calgary.
Tel: (403) 263-6880 Ext. 223 or
Email: admin711@ilrcc.ab.ca**

**When: Friday, February 19, 2010.
Workshop: 3:00 - 4:30 p.m.
Healthy Eating: 4:30 - 5:00 p.m.**

For map: Visit our website: www.ilrcc.ab.ca