



Group Session on:

## How to Choose Healthy Carbohydrates.

Thursday, July 20, 2023

10:00am - 11:00am

Join our **FREE** session lead by registered dietitian and registered nurse.

The group session will be covering topics including what carbohydrates are, what they do, how much we need, the relationship between carbohydrates and blood sugars, the differences between various carbohydrates, and how to choose healthier carbohydrates.

### Pre-registration

Call 416-787-1661 ext. 3303 or email  
[info.dep@unisonhcs.org](mailto:info.dep@unisonhcs.org)

### Location

Unison Bathurst and Finch Hub, Community Room 1  
540 Finch Avenue West, Toronto, ON M2R 1N7

Free gifts for participants.  
\*While quantities last.\*

