

**WEDNESDAY MARCH 27TH  
PICK UP 9AM-6PM  
CHILD AND YOUTH BOARDROOM  
WHITE PINES WELLNESS CENTRE  
1745 CHIEFSWOOD ROAD  
SECOND FLOOR**

# **nutrition boxes**

**IN HONOUR OF NATIONAL NUTRITION MONTH**

**WHAT'S INCLUDED?**

Six Nations Health Services would like to offer Children and Youth (0-18) a box including:

**DIY Oatmeal Kit  
Recipes  
Water Bottle  
Balanced Plate  
And More!**

**Helping to unlock the potential of food through making healthy choices!**

**TO SIGN UP CALL (519) 445-4983  
BOXES ARE FREE**

DEADLINE TO REGISTER IS FRIDAY MARCH 22ND - QUANTITIES LIMITED

