**Dietician- how to access:**

For healthy eating resources, visit: [www.ahs.ca/nutritionhandouts](http://www.ahs.ca/nutritionhandouts)

For group nutrition workshops and classes, visit: [www.ahs.ca/nutritionworkshops](http://www.ahs.ca/nutritionworkshops)

**811:** Health Link

Health Advice 24/7

Registered dietitians are available to answer general nutrition questions.

Dial 811 and ask to speak to a dietitian or visit [www.ahs.ca/811](http://www.ahs.ca/811)

For general information about nutrition services in your area, visit: [www.ahs.ca/nutrition](http://www.ahs.ca/nutrition)

SHC offers nutrition services as well, including cooking classes: www.ahs.ca/shcwellness