

# Healthy Eating & Chair Yoga

## A focus on Self-Care

Wednesday, February 3<sup>rd</sup> 2016 1:30-3:00pm  
4 Montreal Road (Basement), Cornwall, ON



With all the focus on improving client care, we thought that it is also very important to focus on self-care. CANAA would like to invite you to a **FREE** seminar on Healthy Eating in the workplace and Chair Yoga.

**The goal of this seminar is to improve health and relaxation during work hours to help avoid repetitive injuries, fatigue, etc.**

**1:30-2:30pm:** Jessica McLeod, Registered Dietitian from the Seaway Valley Community Health Centre will be doing demonstrations and will have recipes and tips regarding healthy eating at work and on the go.

**2:30-3:00pm:** Nancy Galway, Elder Abuse Prevention Coordinator from Carefor Health & Community Services will be demonstrating Chair Yoga to help with stretching and relaxing while at work.

**The deadline to register is January 20<sup>th</sup>, 2016.**

For questions or to register please send a list of attendees including any dietary restriction along with any questions regarding healthy eating to:

**Lianne Boileau, CANAA Coordinator at [canaacoordinator@css-sdg.ca](mailto:canaacoordinator@css-sdg.ca)**

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Against Abuse

Stormont, Dundas, Glengarry & Akwesasne