



Nutrition for Well-Being

Join a group class with a Registered Dietitian to explore simple, practical ways to eat well & support your overall health & well-being.

This FREE two-hour class is for anyone who wants to learn more about how food, activity, & habits can influence your health. You'll leave with practical ideas & tools you can use in your everyday life.

What We'll Cover:

- Learn what affects body weight
- Discover which foods keep you feeling full & energized
- Try mindful eating techniques
- Set realistic nutrition & activity goals
- Explore changes that can work for you long-term

Class Details:

- Offered as a virtual class every third Wednesday of the month, 1 pm – 3 pm
- Single-session class (you're welcome to attend more than once if you'd like a refresher)
- Sometimes dates may change – we'll let you know when you book
- Visit kbpcn.ca/group-education for info on more PCN group classes!



Want to join us?

To register email KBPCNMOA@interiorhealth.ca
or call 250-365-4337.

You can also ask your primary care provider to refer you (practitioners, please use the PCN referral form).

Finding the Right Fit: This class may not be a match for people who are pregnant or have Type 1 or Type 2 diabetes, low weight, eating disorders, unintentional weight loss, post-bariatric / weight loss surgery, or gastrointestinal problems. If this sounds like you, your primary care provider may be able to refer you for a one-on-one appointment with a dietitian.