

NOV 23RD



TAKE THE CHALLENGE LETHBRIDGE!

A Road Map to Thrive

This year, one thing is clear: Although Alberta is making progress on healthier food and nutrition environments for young people, there is much more to be done!

Join **Dr. Kim Raine**, lead researcher on **Alberta's 2017 Nutrition Report Card on Food Environments for Children and Youth**, presents her findings and recommendations on how we can support healthy food environments and how Lethbridge can do better than a C grade!

That's where you come in!

As an individual or community, **YOU** can be part of a collective action to make healthy choices easier for all Albertans. Alberta's 2017 Nutrition Report Card is designed to provide a snapshot of whether Alberta is making the healthy choice the easy choice for children and youth.

Everyone has a role to play!



Dr. Raine is a Professor and the Associate Dean (Research) of the School of Public Health, University of Alberta, Edmonton. She is also a fellow of the Canadian Academy of Health Sciences and a Registered Dietitian.

An inspiring panel discussion with Q&A will follow with special guests:



Lisa Campkin
Heart & Stroke Foundation



Dr. Aaron Low
Southern Alberta General Internist



Lisa McLaughlin
Communities ChooseWell, Alberta Recreation and Parks Association

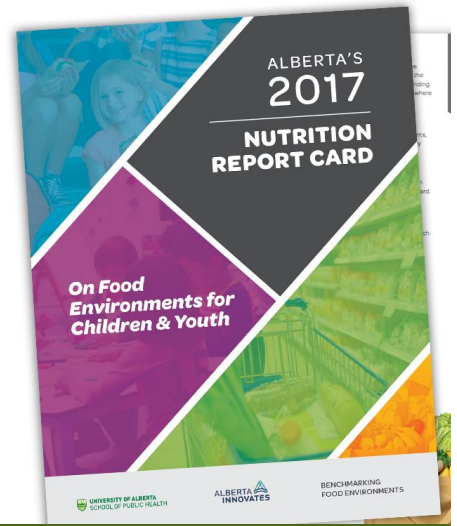
Together, we can create a road map for making the healthy choice the easy choice for children and youth in Lethbridge.



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Lethbridge Public Library
CONNECTING YOU TO IDEAS



Is Lethbridge Making the Grade?

Snacks & Refreshments

Free Gift for 1st

50 Guests!

WIN a \$100 Gift Certificate for Runners Soul!

LOCATION

Lethbridge Public Library
Main Branch
Theatre Gallery
810-5th Ave S, Lethbridge

TIME

1:30 -3:30 pm
#HealthyLethbridge

Phone: 403-388-6677
<https://activelethbridge.ca>