Primary Care Alberta

Alberta Health Services

Power Up with Protein

Presented by The Alberta Healthy Living Program

Let's talk about why protein is important and ways to add it to everyday meals.

Thursday, April 30
1:00 p.m. – 2:00 p.m.
Signal Hill Library

This FREE workshop is offered together with AHS Nutrition Services and the Calgary Public Library's Seniors Social Drop-in Club.

For more information on AHLP, contact us 1-844-527-1160 or visit ahs.ca/ahlp